

## Table of Contents

List of Touch Rules Committee Members	i
List of Provincial Associations	ii
Table of Contents	iii
Introduction	iv
Rule Changes v I	
General Rules v I I	
Definitions	1
Official Touch Football Rules	11
Rule 1 General	11
Rule 2 Equipment	11
Rule 3 Team Members	18
Rule 4 Timing of Game	19
Rule 5 Overtime	24
Rule 6 Game Procedures	26
Rule 7 In Bounds/Out of Bounds	29
Rule 8 Control and Possession of Ball	29
Rule 9 The Touch	30
Rule 10 Live Ball/Dead Ball	31
Rule 11 Time Outs	37
Rule 12 Scoring	40
Rule 13 Convert Attempt	41
Rule 14 Kick Off	42
Rule 15 Scrimmage	43
Rule 16 Passes	46
Rule 17 Complete/ incomplete Passes	48
Rule 18 Pass Interference	50
Rule 19 Punts	52
Rule 20 Deflected and Blocked Punts	53
Rule 21 Illegal Acts	54
Rule 22 Player Conduct	56
Rule 23 Distance Penalties	58
Rule 24 Application of Penalties	59
Rule Change Proposal Forms	Centre Insert
Official Touch Football Regulations	after applicable rule
Reg. 2 Field and Equipment	13
Reg. 4 Timing of Game	19
Reg. 4 Overtime	25
Reg. 6 Game Procedures	28
Reg. 10 Placement of a Dead Ball	34
Reg. 11 Time Outs	38
Reg. 15 Scrimmage	46
Reg. 18 Pass Interference	50
Reg. 22 Player Conduct	57
Official Signals	67
Index	71

## Introduction

This Rule Book constitutes the major text required to understand and administer the complete set of rules governing the game of touch football in Canada. For those not interested in such details, a booklet titled Canadian Touch Football; an Introduction to the Rules is available as a quick reference guide to the basics of the game.

In the front of the Rule Book there are definitions for terms used throughout the Rule Book. Several rules are followed immediately by 'Regulations', which contain additional information to help clarify the understanding and administration of the rule. In addition, the numbering system has been expanded to facilitate quicker reference. Ending each section are a number of case scenarios that pertain to the rule covered in that section. Every effort has been made to list cases in the numerical rule order (i.e. cases involving rule 10.2 are listed before those involving rule 10.3), but occasionally, this has not been possible when cases involve several rules.

In many of the rulings, the most logical option has been chosen, but sometimes several options have been listed. The offending team has the option of declining most penalty and penalty yardage in order to take advantage of field position, a score, down, time, and so forth. Ejection resulting from a major foul cannot be declined. Captains should record all major fouls, personal fouls, and objectionable conduct penalties on the scorecard, even if yardage is declined.

There are some instances in this casebook where no references were made to the touch rule book, but a reference is made to a decision of the touch rules committee in the specified year. In the text, Team A refers to the offensive team at the start of a play, and Team B refers to the defensive team.

There are several additional resources available for players, coaches and Captains involved with touch football. The materials listed on page vii may be obtained through your provincial amateur football association listed in the front of this book.

The Rules' Committee will be meeting annually to consider rule changes. The Committee encourages people to submit their written suggestions to any member of the Rules' Committee.

## **General Rules**

### **Equipment**

The dimensions and type of football to be used among the different age groups and levels of play may vary (Rule 2.2).

Cleat specifications are liberal but sharp edges on any part of the footwear will cause ejection of the footwear at the discretion of the Captain (Rule 2.5.4 and Regulation 2.5.4).

### **Safety**

The Touch Football Rules' Committee considers all players to be responsible for the safety of their opponents as well as their teammates; therefore, they must balance their aggressiveness with a measure of control to avoid bodily contact or at least minimize any contact that does occur. The rules and regulations for player conduct spell out the major areas of concern. Coaches should emphasize these concerns to all players. Captains are to exercise no leniency in penalizing the infractions described in the rules and regulations, for to refrain from doing so would serve to condone dangerous play.

### **Measurements**

All measurements in this rule book are described in the imperial scale.

When field markings dictate the use of metric measurements, all designated distances contained herein, with the exception of those noted below, and may be converted at par from yards to meters. Thus, a fifteen yard penalty will become a fifteen meter penalty, and the offensive team must gain ten meters, as compared to ten yards, for a first down. In both imperial and metric measure, only three downs are allowed to gain the required distance for a first down.

#### **Exceptions to the conversion rule stated above are as follows:**

At the beginning of each half, the kick off line will be at the 45 yard line or the 40 meter line.

After a rouge is scored, the non-scoring team must scrimmage on their 35 yard line or 30 meter line.

After a safety touch, the non-scoring team may kick off from their 35 yard line or 30 meter line, or the scoring team may take possession at their own 35 yard line or 30 meter line.

After a convert, the non-scoring team may choose to kick off from their own 45 yard line or 40 meter line or have the scoring team kick off from the scoring team's 45 yard line or 40 meter line.

For a comparison of the imperial and metric field dimensions and markings, please refer to Regulation 2.1.1.

### **Definitions**

**ADJUSTED PENALTIES:** When the normal distance for penalties is applied resulting in a net gain for the team which incurred the less severe penalty.

**ATTENDANT:** Any person whose role is to help an injured player off the field.

**BAD SNAP:** When the snapped ball does not travel 5 yards before it hits the ground or is not touched by the quarterback.

**BALL PUT INTO PLAY:** The instant the ball is snapped on a scrimmage play or a convert attempt or is kicked by means of a place kick on a kick off.

**BLOCKED PUNT:** A punted ball which, immediately after being punted, touches any player causing the ball to travel in a direction parallel to, or in the direction of, the punter's dead line.

**BLOCKER:** A player who blocks a punt.

**BLOCKING:** When a player deliberately impedes an opponent's approach to the ball, ball carrier, or potential ball carrier by making bodily contact with the opponent.

**BOBBLED BALL:** When a player attempting to complete a pass touches the ball, loses contact with the ball, then catches the ball without the ball touching another player.

**BODILY CONTACT:** When a player contacts an opponent in such a manner as to stop the opponent's forward motion, to push the opponent backwards, to knock the opponent down or to move the opponent off stride or away from the opponent's intended direction or position.

**BOUNDARY LINES:** All the sidelines, end zone sidelines, and dead lines.

**CAPTAIN:** Any member of a team identified to the Captains before the game as a spokesperson for offensive or defensive units of a team.

**CAUGHT:** See CONTROL

**COACH:** A team member whose primary responsibility is team strategy.

**COMPLETED PASS:** Any pass which is legally caught in bounds prior to the ball becoming dead.

**CONTACT:** When a player touches any part of an opponent's body or equipment in any manner.

**CONTROL:** When a player has the ball firmly held in 1 or both hands, arms, or legs or holds the ball firmly under the body without having the ball touch the ground. The grip on the ball must be firm enough to enable the player to stop the rotation of the ball and to exhibit influence over its direction.

**CONVERT:** A score of 1 or 2 points for the team which, during its convert attempt, legally advances the ball into the opponent's end zone.

**CONVERT ATTEMPT:** A scrimmage play which a team is entitled to use for the purpose of scoring bonus points immediately after having scored a touchdown.

**DEAD BALL:** When the ball is not playable by either team.

**DEAD LINE:** The line marking the end of the end zone; it is not in the end zone itself. For the purposes of certain rules, when this line is not entirely parallel to the goal line, the furthest point away from the goal line will be considered the dead line.

**DEFENSE:** The team that does not have possession of the ball.

**DEFLECTED PUNT:** A punted ball which, immediately after being punted touches any player but continues to travel in a direction away from the punter's dead line.

**DELIBERATE GROUNDING:** When the passer deliberately throws the ball out of bounds or to an area where there is no receiver in an apparent attempt to avoid a loss of ground.

**DIRECT PATH:** A straight line between a defensive and offensive player at any given instant.

**DIVING:** When the ball carrier deliberately lunges forward to gain extra yards or to avoid a touch.

**DOUBLE FOULS:** When 1 team commits 2 or more infractions on the same play.

**DOWN:** 1 of 3 consecutive attempts the offense may use to advance the ball towards the defense's goal line.

**DOWN THE BALL:** When the defense catches a loose ball or knocks a loose or free ball to the ground.

**DRIBBLED BALL:** When a player deliberately or accidentally kicks the ball with the foot or leg below the knee, without having had control of the ball in the hand.

**DUAL FOUL:** When an infraction is committed by both teams on the same play.

**END ZONE:** The area bounded by the goal line, end zone sidelines and dead line. The goal line is part of the end zone. Goal posts, and any attached material such as pads, are considered to be in the end zone. End zone sidelines and the dead line are not part of the end zone.

**END ZONE SIDELINE:** The sideline extended from the goal line to the dead line. It is not in the end zone.

**EXTENSION:** When the ball carrier extends the arm(s) in an obvious attempt to gain extra distance by moving the furthest advance of the ball forward.

**FIELD:** The area inside the boundary lines. The boundary lines themselves are out of bounds and are not considered to be in the field.

**FIELD OF PLAY:** The area bounded by the goal lines and the sidelines. These lines are not considered to be in the field of play.

**FIRST DOWN:** The first of 3 consecutive chances ("downs") awarded to a team to

advance the ball towards the opponent's goal line.

**5-PLAYS RULE:** The period of playing time beginning 3 minutes before the end of each half, indicating that only 5 legal scrimmage plays are permitted before the end of the half. The clock is ignored during this period of play.

Note: This former rule has been replaced by the 3-Minute Mechanics Rule" (Rule 4.3 and regulation 4.3-4.5).

**FORWARD PASS:** When the ball is deliberately thrown by any offensive player from behind the line of scrimmage toward the opponent's dead line.

**FOUL:** A violation of the rules which allows a player to take unfair advantage of the opponent.

**FREE BALL:** A live ball that is not in a player's control and can be legally recovered and advanced by either team. The ball is considered to be free from the time it leaves a player's body until the instant it touches the ground.

**FREE PUNT:** A punt made by a player after crossing the line of scrimmage or after receiving a kick off or intercepting a pass.

**FUMBLE:** When a player having control of the ball loses control and the ball drops to and touches the ground before any player gains control.

**FURTHEST ADVANCE (OF THE BALL):** The part of the ball that was closest to the opponent's dead line at the instant the ball was considered to be dead.

**GOAL LINE:** The line marking the end of the field of play. The goal line is in the end zone.

**GOAL POST:** The structure intended for scoring field goals and converts in the tackle game. Includes the uprights, the crossbar, and any material attached, including flags and pads. The goal posts, cross bars, and any material attached are considered to be in the end zone.

**HALF:** 1 or 2 periods of playing time in a regular game or overtime divided by a period of rest.

**HALF TIME:** The rest period between the 2 halves of a game.

**HAND-OFF PASS:** When the ball is handed in any direction, not thrown, from 1 player to another; both players must be touching the ball simultaneously.

**HASH MARK:** A line or spot 24 yards in from the sideline.

**HOME TEAM:** The team that has first choice to receive, kick off, or choose an end to begin the second half of a regular game or an overtime game.

**HUDDLE:** When a team assembles on the field to decide offensive or defensive strategy for the next play.

**ILLEGAL PARTICIPATION:** When a fan or team member enters the field long after a play has begun and interferes with a player who is legally on the field.

**ILLEGAL PROCEDURE:** When a player violates a procedure rule at the beginning of a kick off, convert attempt, or scrimmage play.

**ILLEGAL RE-ENTRY:** When a player unintentionally leaves the field while a play is in progress, then returns and interferes with the play.

**ILLEGAL SUBSTITUTION:** When a player enters or leaves the field in an illegal manner.

**ILLEGAL USE OF HANDS:** Any contact with the hands that is made by a player on an opposing player which clearly detains the latter from playing the position desired, or the use of the goal posts to change one's direction.

**IMPEDE:** To force an opponent to change direction or to slow down with or without contact.

**IN BOUNDS:** When the ball or a player has not touched the boundary lines or a person or object that is out of bounds.

**IN FLIGHT:** Without having touched the ground or any object since last kicked, punted, or touched.

**INCIDENTAL CONTACT:** When a player makes contact with an opponent without moving the opponent off stride or away from the opponent's intended direction or position.

**INCOMPLETE PASS:** A pass which touches the ground, official, or goal post assembly or goes out of bounds prior to being caught.

**INFRACTION:** See "FOUL"

**INTERCEPTED PASS:** When a player's pass is caught by an opponent.

**INTERFERENCE:** Any obstruction, blocking, pushing off, screening, or illegal contact committed by a player of either team against an opponent.

**INTERFERENCE IN THE REMOTE AREA:** Interference made by either team in an area remote from the arrival point of any pass.

**INTERFERENCE IN THE TARGET AREA:** Interference made by either team in the area close to the arrival point to which the pass is thrown.

**INTERFERENCE WITH THE RUSHER:** When the offense does not provide the rusher(s) with direct access to the quarterback or punter.

**JARRED BALL:** When a player accidentally or deliberately knocks the ball loose from the hand(s) of the ball carrier who had gained control of the ball.

**KICK OFF:** When a team kicks the ball to its opponents by means of a place kick to

begin a game, a half, or immediately following a convert attempt or safety touch. A kick off is simulated by a forward pass in wheelchair football.

**KICKING TEE:** A device used to hold the ball upright for a place kick.

**LATERAL PASS:** See "ON-SIDE PASS".

**LINE OF SCRIMMAGE:** An imaginary line extending from sideline to sideline, parallel to the goal line, the position of which is determined by the point of the ball closest to the defense's goal line.

**LIVE BALL:** When the ball is considered to be in play. This begins when the ball is snapped or kicked off, after the Captain has blown the whistle to indicate that a play may begin, and continues until the ball is considered to be dead.

**LOOSE BALL:** A live ball that is not in a player's control and can be legally recovered and advanced only by the team considered to be in possession. The ball is considered to be loose from the time it leaves the ground until it touches a player's body. A snap is considered loose in flight from the center to the quarterback.

**MAJOR FOUL:** An act which severely threatens a player's safety or is intended to injure any participant.

**MANAGER:** A team member whose primary responsibility is administration of team logistics.

**MUFFED:** An unsuccessful attempt to catch a lateral, kick off, punt, or snapped ball, the ball being touched in the process.

**MUFFED SNAP:** When the snap is muffed by the Quarterback.

**NEUTRAL ZONE (KICK OFF):** The area extending from sideline to sideline between the line of kick off and the line 20 yards in advance of the line of kick off.

**NEUTRAL ZONE (SCRIMMAGE):** The 1 yard wide area extending from sideline to sideline in front of the line of scrimmage.

**NO YARDS:** When a player of the punting team touches the punted ball first or is within the restraining zone at the time the ball is touched by an opponent.

**NON-PUNTING TEAM:** The team which did not punt the ball last.

**NON-REGULATION END ZONE:** An end zone which is less than 20 yards deep at any point.

**NON-REGULATION FIELD OF PLAY:** When the length of the field of play is less than 110 yards or the width is less than 65 yards.

**OBJECTIONABLE CONDUCT:** The use of intimidating, profane, obscene, insulting language or gestures to an opponent, official, or spectator by any player or occupant of a team bench. Conduct such as throwing the ball at an opponent, official or occupant of a

team bench or the threatening or striking of an official, player, or occupant of a team bench shall be penalized as objectionable conduct. Prolonged arguing with the Captains is also considered objectionable conduct.

**OBSTRUCTION:** When a player impedes an opponent's approach to the ball, ball carrier or intended receiver with or without contacting the opponent.

**OFFENSE:** The team that has possession of the ball.

**OFFICIAL:** An individual on the field who is responsible for the orderly conduct of the game and the enforcement of the rules.

**OFFSET PENALTIES:** When the normal distance for dual penalties is not applied and both penalties are considered equal in value, resulting in no net gain by either team. This usually results in the play being wiped out and restarted at the point of last scrimmage.

**OFFSIDE:** When a player is in or beyond the neutral zone the instant that the ball is snapped or kicked off; or when a player is closer to the opponent's dead line the instant that a teammate touches the ball.

**OFFSIDE PASS:** Any pass that goes in the direction of the opponent's dead line.

**ON-SIDE:** When a player is not in or beyond the neutral zone at the instant that the ball is snapped or kicked off. When a player is parallel to, or closer to their own dead line than a teammate who last touched the ball, at the instant or anytime after that particular teammate last touched the ball.

**ON-SIDE PASS:** When the ball is thrown, handed, dropped, knocked, batted, or propelled in any manner (including bouncing off the body) by a player parallel to, or in the direction of that player's dead line.

**OPPONENT:** A player on the opposite team.

**OPTION:** When a non-offending team has a choice of a penalty or to let the play stand. This also may involve a choice of point of application of a penalty.

**OUT OF BOUNDS:** When a player or the ball touches the boundary lines, an object in the air, or a person or an object that touches the ground beyond the boundary lines.

**OVERTIME:** A playing time of 20 minutes duration, divided into 2 periods of 10 minutes each.

**PASS:** A ball thrown, handed, dropped, knocked, or batted by a player in any direction or that bounces off a player to any direction.

**PASS INTERFERENCE:** Any interference made by a player against an eligible receiver before an eligible receiver has caught the pass.

**PASSER:** Any player who attempts to throw a pass.

**PENETRATION:** An overtime game during which each team has 3 downs to gain as

many yards as possible; the team gaining the most yards is declared the winner.

PERIOD: 1 of 2 portions of specified playing time in a half or overtime.

PERSONAL FOUL: An act whereby a player does not control their body motions and thereby threatens the safety of others by making aggressive bodily contact.

PLACE KICK: When the ball is kicked while it is resting on a kicking tee or is held on the ground by a player of the same team during a kick off.

PLANE OF THE GOAL LINE: An imaginary line perpendicular to the edge of the goal line closest to the field of play and extending from sideline to sideline.

PLAY: A period of action that begins when the ball is snapped or kicked off and ends when the ball is considered to be dead.

PLAYING TIME: The period of time as indicated by the Captain during which scrimmage, kick off and convert attempts may be attempted.

POINT OF SCRIMMAGE: The spot in the field of play where the ball is placed on the scrimmage line for the next scrimmage play.

POSSESSION: When a player has control of the ball (player possession) or when a team has the right to advance the ball, be awarded a first down or continue its downs (team possession).

PROPERLY DRESSED: When a player is wearing legal shoes, equipment and clothing normally worn on a football field.

PUNT: A ball that is kicked by deliberately dropping the ball from the hand and kicking it before it touches the ground. Control of the ball must have been gained before the ball was dropped. When a player obviously attempts to punt after gaining control of the ball and the ball strikes any part of the punter's body, a punt is considered to have occurred.

PUNT RECEIVER: A player of the team which did not punt the ball last and who attempts to play the ball.

PUNTER: A player who attempts to punt the ball.

PUSHING OFF: When any player pushes an opponent, other than the ball carrier, with sufficient force to knock that player off stride or away from that player's intended direction.

QUARTER: See PERIOD.

QUARTERBACK: The offensive player who receives the snap of the ball from the Centre during a scrimmage play for the purpose of running, passing or punting the ball.

RECOVER: To gain possession.

REDIRECT: See IMPEDE.

**CAPTAIN:** The chief official who is in charge of the game and all other Captains.

**REGULATION FIELD:** includes a field of play 110 yards long by 65 yards wide and 2 end zones, each 20 yards deep by 65 yards wide.

**REGULATION TIME:** Playing time of 80 minutes duration divided into 4 quarters of 20 minutes each.

**REMOTE AREA:** An area remote from the point to which a pass is thrown.

**RESTRAINING ZONE:** A protective circular area of 5 yards radius, the centre point being the ball when it is touched.

**RETURN PUNT:** A punt that is made by a player after receiving a punt from an opponent.

**ROUGE:** A score of 1 point earned by a team when it legally punts or kicks off the ball into the opponent's end zone or beyond, and the opponents are not legally able to bring the ball out of their own end zone.

**RUSHER:** The defensive player who crosses the line of scrimmage before any teammate.

**RUSHER'S LINE:** An imaginary line parallel to and 5 yards away from the line of scrimmage.

**SAFETY TOUCH:** A score of 2 points against the team which does not legally carry, punt, or pass the ball out of its own end zone after 1 of its players has caused the ball to enter its own end zone from the field of play.

**SCREENING:** When any player who is not playing the ball extends the arms or waves a hand in an attempt to distract a receiver, to block a receiver's vision, or to touch the ball.

**SCRIMMAGE PLAY:** The action by the offense to score or advance the ball towards the defense's goal line by passing, running, or punting. It begins by a snap of the ball by the Centre to a teammate.

**SET:** When the ball is resting on the ground or the scrimmage bag while in the Centre's hand(s) ready to be snapped.

**SIDELINE:** The line marking the side of the field of play between the goal lines.

**SIMULTANEOUS POSSESSION:** When players of opposing teams legally obtain possession of the ball at the same time.

**SLEEPER PLAY;** A deliberate attempt by the offensive team to deceive the defense as to the number and position of offensive team players who will participate in the next play. It is usually executed by having an offensive player (who participated in the previous play) stand on the field in front of the team bench thereby being camouflaged. A "hurry up" offense is not considered to be a sleeper play if all 7 offensive players are clearly

visible to the defense and there is no apparent attempt to hide their positions.

**SNAP:** The action of the Centre at the beginning of a scrimmage play in throwing the ball from its position on the ground, through the legs, to the Quarterback.

**STICK'EM:** An adhesive substance in a paste or spray form that is worn on the hands to increase a player's ability to hold onto the ball.

**STRIPPING THE BALL:** See "JARRED BALL"

**SUBSTITUTE:** A player replacing a teammate on the field.

**SUDDEN DEATH:** An overtime game during which the first team to legally score is declared the winner.

**TARGET AREA:** The area in the immediate vicinity of the arrival point of a pass.

**TEAM MEMBER:** A player, coach, manager, doctor, trainer, assistant, or any person allowed in the team bench area by the team.

**TEAMMATE:** A player on the same team.

**3-MINUTE WARNING:** When the Captain blows the whistle 3 times in succession indicating to both teams that the "3 minute rule" is in effect.

**TIME:** The playing time permitted as indicated by the Captain.

**TIME COUNT:** A period of 20 seconds given to the offense prior to a scrimmage play to huddle and put the ball into play.

**TIME IN:** When the Captain has indicated by a whistle that playing time in the period has started, or has resumed after a time out.

**TIME OUT:** When the Captain has indicated by a whistle and a criss-crossing of the arms over the head that the clock has stopped and playing time is not being consumed.

**TIPPED PASS:** A pass that is touched by 1 player then caught by the same player, a teammate, or an opponent.

**TOUCH:** When contact is made by an opponent with any part of the hand (including the fingertips) on any part of the ball carrier or the ball in the carrier's possession. Touches must be seen by the official to be considered a touch.

**Note:** The "hand" also indicates the back of the hand. All clothing and/or equipment worn or carried by the ball carrier is considered to be part of the ball carrier's body.

**TOUCHDOWN:** A score of 6 points for the team which legally carries the ball into the opponent's end zone or legally gains possession of the ball inside the opponent's end zone.

**TRAINER;** A team member who is qualified to administer first aid and is identified as a

qualified person to the Captains.

**UNOBSTRUCTED PATH:** When the opponents allow a player to continue running the intended path without causing the player to slow down or change direction to avoid contact.

**VISITING TEAM:** The team that has first choice to receive, kick off, or choose an end to begin the first half of a regular game or an overtime game.

**YARD LINE:** An imaginary line parallel to the goal line, extending from sideline to sideline, which represents each yard between the goal lines. On a well-marked field, every yard between the goal lines is marked at the hash marks and sidelines, and every 5 yards is marked from sideline to sideline.

## **The Canadian Rule Book for Touch Football**

### **Rule 1 - General**

1. The game of touch football shall be governed by the playing rules, regulations and definitions as written in this book, as well as the rulings in the official Case Book. If any conflict occurs between the rules, the regulations, the definitions and the Case Book, the rules and definitions shall take precedence over the regulations, and all 3 shall take precedence over the Case Book.
2. Whenever changes in the playing rules are permitted by league or tournament organizers, these options should be provided in writing to each participating team and official prior to the season or tournament.
3. The Captain is responsible for the adherence to the rules and regulations by both teams and all Captains. The Captain will make the final decision on any on-field situation not covered by the rules and regulations. All players should strive to maintain a safe environment for the players.
4. At any time during the game, if a Captain feels that continuing to play the game at hand may jeopardize a player's own safety, the official may remove that player from the game immediately. An explanation should be included on the game sheet as to the reason why the player was removed. Teams/players wishing to protest an official's decision must do so in writing to the League Executive within 48 hours of the conclusion of the game.
5. A participant suffering from a wound or laceration, where oozing or bleeding occurs, must leave the playing field until appropriate medical treatment is administered. The participant may return to the playing field only after the bleeding has stopped and the affected area or the open wound has been completely and securely covered. The Captain must approve the participant's return to the playing field.
6. If a player or official has any part of his/her uniform or equipment saturated with blood, the uniform must be cleansed or changed immediately. "Saturated" being defined as the amount of blood being sufficient to soak through the garment and onto the skin or such that the blood would easily be transferred to another participant.

### **Rule 2 - Equipment**

1. **The Field**
  - 1.1 The dimensions and markings of the playing field are described in Regulation 2
2. **The Ball**
  - 2.1 Teams may use their own ball or mutually agree to use 1 game ball.
  - 2.2 The dimensions and type of football to be used will vary among the different age groups and levels of play. It is suggested that each league or organization set its own specifications regarding the dimensions and type of football to be used, based on its own needs and desires.

2.4 No alterations can be made to the natural surface of the ball. The Captain shall replace an altered ball and penalize the offending team for objectionable conduct.

### **3. The Kicking Tee**

3.1 The kicking tee must not raise the lowest part of the ball more than 2 inches off the ground. The penalty is illegal procedure. The kicking team is responsible for removing the kicking tee from the field after the play is dead. Failure to do so will result in objectionable conduct penalty against the team.

### **4. Uniforms**

4.1 Team sweaters are recommended. The home team must change sweaters when the team colours are similar, unless 1 team agrees to change its colours voluntarily. Uniforms cannot contain equipment that would cause injury to other players; this includes inflexible padding. The player must leave the field for at least 1 play and cannot return until the equipment is removed. The team will be penalized for objectionable conduct.

### **5. Player Equipment**

5.1 Players can wear spray stick-em; they cannot wear paste stick-em. A player who wears paste stick-em will be penalized for objectionable conduct and must be removed from the game for at least 1 play. The player cannot continue playing the game using paste stick-em; the penalty for this violation is objectionable conduct and ejection from the game.

5.2 When only 1 ball is used by both teams, spray stick-em cannot be applied to the ball. The penalty for deliberately violating this rule is objectionable conduct and ejection from the game.

5.3 The Captain must remove any player who is wearing equipment or jewelry which could injure other players; the Captain must base this decision on the equipment regulations. The player must leave the field for at least 1 play and cannot return until the equipment is removed. A player will be penalized for objectionable conduct for continuing to play with the equipment and will be ejected from the game.

5.4 A player wearing shoes which do not meet the footwear specifications must be removed from the game for at least 1 play. If the shoes are illegal, the player must be ejected from the game and the team assessed a penalty for objectionable conduct. If the shoes are legal but the Captain considers the shoes to be unsafe, the player must leave the game until the unsafe condition is corrected. If the player continues to play with unsafe shoes, the player will be ejected from the game and the team penalized for objectionable conduct.

### **6. Bean Bags and Yardsticks**

6.1 10 yard rope or yardsticks may be used at the option of the league or tournament organizers. Their specifications are described in Regulation 2.6.

## **Regulation 2 – Field and Equipment**

## 1. The Field

- 1.1 The regulation field shall be marked as shown in the diagram below, with the dimensions as indicated.

Imperial Field Dimensions and Markings (Insert graphic)

Where metric dimensions are used, the field shall be marked as shown in the diagram below.

Metric Field Dimensions and Markings (Insert graphic)

NOTE: All measurements must be taken from the inside edge of any boundary line. The centre of the 55 yard line (50 meter line) is centre field. The edge of the goal line closest to the centre field must be 55 yards (50 meters) away from centre field. Measurements from the goal line shall be taken from the edge of each yard line closest to the goal line. Boundary lines must be at least 1 (34 cm) foot inside obstructions or tracks.

- 1.2 The 4 intersections at the goal lines and sidelines and the 4 intersections at the dead lines and the end zone sidelines must be marked by flexible markers, pylons or flags which must be placed so that they are out of bounds. If flags are used, the shafts must be of a flexible type, not rigid shafts, in order to prevent injury. All markers should be orange or red in colour.
- 1.3 **Goal Posts**  
Goal posts are not required for the game of touch football. If they exist on the field, they must be padded to prevent injury. The goal posts must be in the end zone.
- 1.4 **Non-Regulation Field**  
Whenever the field dimensions are not as specified above, the following specifications must be met: the distance between centre field and each goal line must be equal; the depth and overall size of each end zone must be equal; the minimum depth of the end zone should be 10 yards.
- 1.5 **Obstructions**  
League/tournament organizers should decide the ground rules regarding obstructions and inform the teams and Captains of these decisions in writing prior to the season/ tournament. When obstructions are not covered by the ground rules, the Captain will consult the teams to arrive at ground rules that are satisfactory to both teams.
- 1.6 **Team Bench Area**  
The team benches should be on the same side of the field unless circumstances dictate otherwise. The team bench areas should be marked as shown in the diagrams below, with the dimensions as indicated. If the bench areas are on the same side of the field they will be marked as follows:

(Insert graphic)

If the bench areas are on the opposite side of the field, they will be marked as follows:

(Insert graphic)

All team accessories, such as buckets, bags and equipment, should be placed at least 5 yards from the sidelines.

## 2. The Ball

2.1 The ball used for national championship play must be 4 panels of pebbled grain leather or other composite/synthetic leather material, enclosing a rubber bladder in the shape of an oblate spheroid. The dimensions of the ball are as follows:

### Imperial Measure

MEN			*WOMEN
Pressure	12.5 - 13.5	lbs	12.5 - 13.5 lbs
Circumference of long axis	27.5 - 28.5	inches	25.75 - 26 inches
Circumference of short axis	20.75 -	inches	18.4 - 18.7 inches
Length of long axis	10.75 - 11.25	inches	10.25 - 10.7 inches
Weight	13.75 - 15	ounces	11.25 - 12.25 ounces

\*Women may also use the same size ball as the men. METRIC MEASURE

MEN			*WOMEN
Pressure	85 - 95 kilopascals		85 - 95 kpa
Circumference of long axis	698 - 725	mm	655 - 660 mm
Circumference of short axis	525 - 543	mm	467 - 473 mm
Length of long axis	273 - 286	mm	260 - 270 mm
Weight	390 - 425	gms	320 - 348 gms

2.2 The ball may be of any colour; a 1 inch (2.54 cm) wide white stripe encircling each end is permitted. The colour of the ball should not allow it to be confused or camouflaged by a team's uniform/sweater.

## 3. Player Equipment

3.1 A player is permitted to wear an athletic support/protector, completely covered by clothing. Tape or bandages are permitted if they are non-abrasive or are of a non-hardening material in a wet or dry state. Only Quarterbacks are allowed to wear flak jackets.

3.2 No protective headgear of any kind is permitted. Baseball style caps are permitted, provided that any exposed metal components are covered with tape. Knee and elbow guards must be flexible and contain no hard materials. Arm casts can be worn only to protect an injury and must be flexible and contain no hard materials in a wet or dry state. Knee braces may be worn but must be completely covered by pants or by adhesive or tensor bandages such that no part of the brace is exposed, so a finger cannot be placed between any edge of the brace and the leg. Finger splints may be worn to

protect an injury, but the finger splint must be appropriately padded.

3.3 Jewelry such as rings, bracelets, necklaces, anklets and earrings, and accessories must be removed: if they cannot be removed, they must be well padded and completely covered. A medical bracelet may be worn but it must be taped to the wrist in such a way that the medical alert symbol only is fully exposed.

3.4 It is not mandatory for a player to wear cleated shoes. Flat sole shoes similar to basketball, tennis or jogging shoes are permitted. Dress shoes with a raised heel are not permitted. Spikes or similar sharp-pointed type shoes, such as track spikes, golf spikes, and traditional baseball spikes are not permitted.

3.5 If a cleated shoe is worn, there is no minimum or maximum number of cleats to be worn, but the cleats on the shoe must be part of the natural design of the shoe. No part of the cleat or sole may have an edge which could puncture a player's skin.

#### **4. Yard Ropes and Yardsticks**

4.1 Each yard rope must be exactly 10 yards long and weighted at each end with flat weights. There must be a clear marker at the halfway (five yard) mark.

4.2 The yardsticks should be at least 6 feet high, with a distinctive marking device coloured in red/orange at the top. They can be wood or aluminum rods, connected near the lower end with a chain, such that the distance between the rods must be exactly 10 yards. The downsbox should be a wooden or aluminum post with plates or a box numbered 1 to 3, with numbers at least 10 inches high.

### **Rule 3 - Team Members**

#### **1. Players**

1.1 Each team may have a maximum of 7 players on the field during a play. A team may use fewer than 7 players during a play. A team which has more than 7 on the field at any time, while the ball is live shall be penalized for illegal substitution.

#### **2. Substitutes**

2.1 Substitute players may enter the field only from their bench area and only when the ball is dead. They may not enter the field after the kicker begins the approach to kick the ball on the kick off or after the offensive team breaks its huddle. A player who enters the field to communicate a play to a teammate must remain on the field for the next play. If there is no huddle, substitutions should be made immediately after the end of the last play and before the official signals 'no substitutions'. The penalty for violating these rules is illegal substitution.

2.2 A player leaving the field for a substitute or because of an injury must go directly to the team bench area, unless the Captain permits otherwise. Any delay or deviation from this route will be a penalty for illegal substitution.

#### **3. Captains**

- 3.1 Team members identified to the Captains before the game as spokespersons for offensive or defensive units of a team shall be considered team captains. All team captains must be identified prior to the start of the game. Each team is permitted a maximum of 4 captains. In case of injury or ejection, an alternate captain may be identified to the Captains.
- 3.2 Only a team captain is entitled to participate in discussions of the rules, including choices for penalty options, kick offs and convert attempts. Only a team captain is entitled to request a measurement or an equipment safety check.
- 3.3 If a team captain is not on the field to give the team's choice on an option, an official's time out will be taken by the Captain, a team captain must substitute for 1 of the players on the field for 1 play.

#### **4. Coaches and Managers**

- 4.1 A coach or manager who is a player has no special rights while on the field unless designated as a team captain. While off the field, a coach or manager must stay in the bench area or be penalized for objectionable conduct.

#### **5. Attending to Injured Players**

- 5.1 A doctor, trainer or assistant may not enter the field to look after an injured player without a captain's permission. A coach, manager, doctor, trainer or assistant may not coach the players while on the field during an injury situation. A team violating these rules will be penalized for objectionable conduct.

#### **6. Team Bench Area**

- 6.1 Team members must stay in the team bench area or be penalized for objectionable conduct unless they are given permission by an official to leave the area or are entering the field during a legal substitution of a player. Only team members are allowed to stay in the team bench area; anyone else in the area must leave immediately or the team will be penalized for objectionable conduct.

### **Rule 4 - Timing of Game**

#### **1. Length of Game**

- 1.1 The official regular game is sixty minutes of playing time divided into two 30 minute halves.

#### **2. Playing Time**

- 2.1 The 30 minutes of playing time in each half will run continuously unless stopped by a team's time out or an official's time out.

#### **3. Last 3 Minutes of A Half**

- 3.1 During the last 2 minutes of a half, the "five plays" rule shall apply.

#### **4. Terminating A Half**

- 4.1 A half may be terminated at any time when both teams agree.

## **5. Notifying Captains**

- 5.1 The Captain should notify each team's captain when 2 minutes remain in the 1st and 2<sup>nd</sup> halves. The timekeeper must tell a captain the amount of time remaining in a period when a captain requests the time.

## **6. Timing**

- 6.1 Each team should designate an official time keeper and time keeping device. Time keeping devices shall be monitored by both teams.

## **7. Play Clock**

- 7.1 No official play clock will be in place, but teams should endeavor to keep huddle times to approximately 20 seconds.

## **8. Timing between Completion of the Convert and Kick off**

- 8.1 The length of time for Captains to assume their designated positions by walking briskly should be adequate for teams to change personnel for the kick off play. Once Captains are in position, the kicker should not hesitate to kick off.

## **Regulation 4 – Timing of the Game**

### **1. Starting and Stopping the Clock**

- 1.1 Only the Captain may direct timekeepers to start or stop the clock.
- 1.2 Timekeepers stop the clock during an injury as directed by captains.

### **4. Last Three Minutes of the Half**

- 4.1 Captains advise teams of the three-minute rule after about 28 minutes have elapsed in the half.

### **5. 3-Minute Rule Mechanics**

- 5.1 Captains must be thoroughly familiar with 3 – minute rule mechanics
- 5.2 The intent of the 3-minute rule is that this rule would take effect at an APPROPRIATE dead ball situation after 28 minutes have been played in each half.
- 5.3 The Captain should not deliberately stall during a dead ball situation so that the clock will run down to exactly the 28:00 minute mark.
- 5.4 To end each half the “Five Plays” rule will apply. After 28 minutes of time in each half elapses, the Captains will announce to the teams that there are “Five plays remaining in the half.”
- 5.5 A live ball foul that occurs in “Five Plays” timing, if accepted will result in the down being replayed. The same number of plays will remain as prior to the play where the penalty occurred.

- 5.6 A dead ball foul that occurs in “Five Plays” timing, if accepted will not allow the preservation of the numerical play. There will be one less play remaining for the next play from scrimmage. As stated in Rule 24.7.3, if the dead ball foul occurs on the final play of the half, the penalty will be applied on the first play of the next period.

### **Rest Periods**

- 6.1 The timing of rest periods must be started by the Captain only after the final legal play of a half is completed and the Captain has completed the necessary administration of penalties and points. The full rest period must be given before the team captains are called to discuss the kick off choices, unless both teams agree to shorten the rest period. The team captains must be told when there is one minute left in the rest period.

### **Rule 5 – Overtime in playoffs**

1. If a game is tied after 60 minutes of playing time and a winner must be declared, overtime shall be played. Overtime shall be a new game of 20 minutes, divided into 2 halves of 10 minutes each, with no rest between the halves. There shall be a 10 minute rest period before the overtime begins.
2. The final 3 minutes of each half have special provisions for timing as outlined in Regulations 5.1 – 5.6
3. After 20 minutes of overtime, if no winner has been declared, the teams will continue to play 20-minute overtime games until a winner is declared. There will be a 10 minute rest period before each overtime game.
4. Unless stated otherwise by the overtime regulations, all rules and regulations that apply to a regular game will apply. Alternative overtime procedures described in the regulations are provided for consideration by league and tournament organizers.

### **Rule 6 - Game Procedures**

#### **1. Pre-Game Conference**

- 1.1 Approximately 3 minutes prior to the scheduled start time of the game, and immediately following the rest period, at least 1 captain from each team will meet with the Captain at center field to review field conditions and field markings, conduct any coin toss required to determine home team, decide the kick off options, and confirm the score.

#### **2. Choice of Kick Off**

- 2.1 For the 1st half, the captain of the team that won the coin toss shall choose to defer choice to the second half, kick off, receive the kick off or defend an end of the field. The captain of the opposing team shall then choose 1 of the 2 remaining choices.
- 2.2 For the 2nd half, the captain of the team choosing options second during the first half shall choose to kick off, receive the kick off or defend an end of the field. The captain of the opposing team shall then choose 1 of the 2 remaining choices.

2.3 After a captain's choice has been given by the Captain to the opposing captain, the choice cannot be changed.

**3. Choice of Kick Off For Overtime**

3.1 For overtime games, a coin toss must be held. The captain of the team winning the coin toss shall choose to be the home or visiting team. Once home team is chosen, the choice of kick off will be the same as the regular game rules.

**5. Start and End of Periods**

5.1 Each half will begin by a kick off from the kicking team's 45 yard line. The 1st and 2<sup>nd</sup> half will end if no time/plays remain in the period when the ball becomes dead at the end of a legal play.

5.2 When a touchdown is scored on the final play of a period and the offense chooses to make a convert attempt, it must be completed before that period is considered completed.

**6. Obtaining First Down**

6.1 After the ball becomes dead on a kick off, the team in possession shall be awarded a 1st down and will have 3 attempts (downs) to gain 10 yards. The ball may be advanced by carrying it or throwing it using a legal scrimmage play. If the offense gains the required distance in the series of 3 downs, 1st down is awarded again.

6.2 If the required distance for a 1st down is not gained in the 3 attempts, the ball is awarded to the defense at the point where the ball becomes dead after the 3rd attempt.

**7. Measuring For First Down**

7.1 The Captains judge as to whether or not a 1st down has been gained by the offense.

**8. Choices Following a Score**

8.1 After a rouge is scored, the non-scoring team must scrimmage on their 35 yard line. After a safety touch, the scoring team has the option to scrimmage the ball on their 35 yard line, kick off from their own 35 yard line or have the non-scoring team kick off from the non-scoring team's 35 yard line. After a touchdown, the scoring team may try a 1 or 2 point convert attempt. After a convert, the non-scoring team may choose to kick off from their 45 yard line or have the scoring team kick off from their 45 yard line.

**9. Delay of Game**

9.1 The game shall start promptly at the scheduled time. A team must have 7 players on the field at the scheduled time or be penalized for delaying the start of the game. A team will forfeit the game by a score of 1-0 if they do not have 7 players on the field within 15 minutes of the scheduled start of the game.

9.2 When a team refuses to start or continue a game at the request of the

Captain, it will be penalized for delaying the game. On the 3rd refusal, the team will forfeit the game by a score of 1-0; if the non-forfeiting team is leading at the time of the forfeit, the score will stand.

## **Regulation 6 – Game Procedures**

### **1. Placement of the Ball**

- 1.1 The ball shall be placed on the ground where it became dead. It shall be rotated so that its long axis is parallel to the sidelines and the forward point of the ball is at the exact spot where the furthest advance of the ball was reached when the ball became dead. The spot of the ball is determined by the defensive player making the touch and their captain. Any dispute of the spot of the ball should be discussed between team captains.
- 1.2 When the offense has failed to gain the required distance for a first down and the ball is awarded to the opponents, the Captain shall reverse the ball so the forward point is facing the opposite direction.

### **2. Using Yardsticks for a Measurement**

- 2.1 Before the yardsticks are moved from the sidelines, the chain will be marked at the spot where the edge of the yard-line furthest from the ball meets the sideline. When the chain is brought out to the field, the chain will be placed parallel to the sideline and the spot previously marked will be placed on the same edge of the same yard-line. The leading yardstick shall be placed on the ground as close to the ball as possible without disturbing the position of the ball. If the ball has reached any part of the leading yardstick, a 1st down shall be awarded.

## **Rule 7 - In Bounds/Out Of Bounds**

### **1. In Bounds**

- 1.1 The ball is in bounds when it is within the boundary lines. The ball is considered to be still in bounds while it is over or outside the boundary lines until it touches the boundary lines or any person or object that is out of bounds.
- 1.2 Any person who has not touched the boundary lines and has not touched the ground, a person or an object that is on or beyond the boundary lines, is considered to be still in bounds.

### **2. Out Of Bounds**

- 2.1 The ball is out of bounds when it touches the boundary lines or the ground beyond the boundary lines. The ball is out of bounds when it touches an object or a person that is out of bounds.
- 2.2 An airborne object or object suspended over the playing field is considered out of bounds.
- 2.3 Any person or object that is touching the boundary lines or the ground beyond the boundary lines is out of bounds.

## **Rule 8 - Control and Possession of the Ball**

### **1. Control of the Ball**

1.1 A player is considered to have control of the ball when the player has the ball firmly held in 1 or both hands, arms, or legs or holds the ball firmly under the body without having the ball touch the ground. The grip on the ball must be firm enough to enable the player to stop the rotation of the ball and to exhibit influence over its direction.

### **2. Possession of the Ball**

2.1 A team must have possession of the ball to score a touchdown, to punt or to earn a 1st down. When a team obtains possession from the opponents, they will be awarded a 1st down where the ball becomes dead. After being awarded a 1st down, a team keeps possession for 3 downs, unless the opponents gain control of the ball, or either team is awarded a 1st down by penalty. During the 3 downs, the team in possession must gain the required distance for 1st down or score a touchdown, otherwise it will give up possession.

### **3. Player Possession**

3.1 A player is considered to have possession of the ball if that player has control of the ball. If control of the ball is lost, the player no longer is considered to have possession of the ball.

3.2 A player must be awarded possession of the ball when the player had control of the ball but lost it due to contact by another player or impact with the ground or goal posts.

### **4. Team Possession**

4.1 A team is considered to have possession of the ball when 1 of its players has possession of the ball or the team is awarded possession by the rules.

4.2 On the opening kick off of each half, the kicking team is considered to be in possession of the ball. Once the ball is kicked off, the receiving team has possession.

4.3 During the 3 downs, if the team in possession punts the ball, it automatically gives up possession unless the defense is guilty of contacting the punter, the ball is considered to have never left the end zone, or the offense catches their own punt after it is blocked by the opponents; in the latter case, the punting team must still earn the 1st down before its 3 downs are completed or lose possession. When a team considered to be in possession carries or throws the ball out of bounds, it shall retain possession, except after its 3rd down is completed and 1st down has not been gained.

4.4 A team loses possession when the opponents intercept a pass or gain control of a free ball.

## **Rule 9 - The Touch**

## 1. **Ball Carrier**

- 1.1 To prevent the ball carrier from advancing, an opponent must deliberately touch any part of the ball carrier's body or any part of the player's equipment with the hand. A 1-handed touch or a 2-handed touch is legal. If the ball is touched while in the ball carrier's hands, the ball carrier will be considered touched. Touching the player with any other part of the defender's body, such as the head, arm, shoulder, chest, leg or foot, is not considered a touch; the ball carrier can still advance.
- 1.2 A touch in the neck, head, or face area of the ball carrier shall be interpreted as a personal foul, unless the ball carrier had bent over, crouched, or fallen down while the attempt to touch was being made by the opponent (see Regulation 22.1.).

## 2. **Ball Carrier on the Ground**

- 2.1 When a defender makes an obvious attempt to avoid a collision with the ball carrier, that defender will be considered to have touched the ball carrier.
- 2.2 When a ball carrier deliberately kneels to concede a touch or makes no effort to get up after falling, a touch will be awarded to the nearest defender.

## 3. **Quarterback/Passer**

- 3.1 When the ball carrier is the Quarterback or another player who is attempting to pass the ball, the ball is considered to be in the passer's hand until it has entirely left the passer's hand.

## 4. **Punter**

- 4.1 When the ball carrier is the punter or another player who is attempting to punt the ball, the ball is considered to be still in the punter's hand until it has left the punter's foot, leg or thigh.

## 5. **Ball Tipped or Muffed**

- 5.1 When a receiver catches a ball after tipping the ball, without another player touching the ball in the interval, the receiver is considered touched if deliberately touched by an opponent while the ball was not in the receiver's control after the ball was tipped. This applies on snaps, muffed kick offs, muffed punts and any pass.

## **Rule 10 - Live Ball/Dead Ball**

### 1. **Live Ball**

- 1.1 The ball is live after the Captain has signaled play to begin and the ball has been kicked off or snapped by the team in possession. The ball will remain live until the ball is ruled dead according to the dead-ball rules. A team cannot advance the ball or score unless the ball is live.

### 2. **Free Ball**

- 2.1 A free ball is a live ball that is not in a player's control and can be legally recovered and advanced by either team. The ball is considered to be free from the time it leaves a player's body until the instant it touches the ground; a kick off or punt is not considered to be a free ball when kicked. A dribbled

ball is free until it strikes the ground.

**3. Loose Ball**

3.1 A loose ball is a live ball that is not in a player's control and can be legally recovered and advanced only by the team considered to be in possession; a dribbled ball is not a loose ball.

**4. Downed Ball**

4.1 A downed ball is a loose ball that is controlled by a player of the team not considered to be in possession. A downed ball is also a loose ball that touches the ground after being touched by a player of the team not considered to be in possession, regardless of who touched the ball during the interval.

**5. Dead Ball**

5.1 The ball is dead when any of the dead-ball conditions are met. The ball is also dead when an official blows a whistle while the ball is live. The team in possession can advance no further when the ball is dead. The next point of scrimmage will be determined according to Regulation 10.

**6. Dead-Ball Conditions**

**6.1 Out of Bounds**

1. The ball is dead when it goes out of bounds.

**6.2 Touch**

1. The ball is dead when the ball carrier is touched or is considered to be touched.

**6.3 Score**

1. The ball is dead as soon as a score is made.

**6.4 Goal Post Assembly**

1. The ball is dead when it touches the goal post assembly.

**6.5 Pass**

1. The ball is dead when any thrown pass touches the ground or goes out of bounds, except on a muffed onside pass from the Quarterback.

**6.6 Motionless Ball**

1. The ball is dead when it lies motionless for 3 seconds after being kicked off, punted or snapped, and there is no play on the ball by either team.

**6.7 Punt/Place Kick**

1. The ball is dead after a punt when it touches the ground behind the line of scrimmage or in the punter's end zone.

The ball is dead after a punt when it touches the ground after being muffed in an offside direction by any player of the receiving team at any time. The ball is dead after a punt when it is downed by a player of the punting team. In all these cases, a ball touching any person or object out of bounds shall be considered to have touched the ground.

After a muffed punt, when the player of the receiving team who last touched the ball is deliberately touched by an opponent, the ball is immediately dead if the ball is considered to be loose; if the ball is considered to be a free ball when the touch occurs, the ball becomes dead as soon as it touches the ground.

#### 6.8 **Kick Off**

1. The ball is dead after a kick off when it is downed by the kicking team.
2. After a muffed kick off, when the player of the receiving team who last touched the ball is deliberately touched by an opponent, the ball is immediately dead if the ball is considered to be a loose ball; if the ball is considered to be a free ball when the touch occurs, the ball becomes dead as soon as it touches the ground.

#### 6.9 **Dribbled Ball**

The ball is dead when a dribbled ball touches the ground or is caught by the dribbling team.

#### 6.10 **Muffed Snap**

1. After a muffed snap, when the player of the offensive team who last touched the ball is deliberately touched by an opponent, the ball is immediately dead if the ball is considered to be a loose ball; if the ball is considered to be a free ball when the touch occurs, the ball becomes dead as soon as it touches the ground.

The ball is dead after a bad snap or a muffed snap when the defense downs a loose ball or bats a free ball to the ground.

The ball is dead immediately when the offense snaps the ball before the Captain has whistled the play in.

#### 6.12 **Diving**

The ball is dead immediately when the ball carrier violates the diving regulations.

#### 6.13 **Offside Pass**

The ball is dead immediately when an offside pass is caught by the team that caused the offside pass.

### **Regulation 10 – Placement of a Dead Ball**

The placement of the ball after it is dead shall be governed by the following regulations.

#### 1. **Out Of Bounds**

- 1.1 After going out of bounds in the field of play, the ball will be placed at the furthest point of advance of the ball when it broke the plane of the boundary line. When the ball carrier goes out of bounds, the ball will be placed at its furthest point of advance when the ball carrier went out of bounds.
- 1.2 After going out of bounds in the end zone, the ball will be placed at the centre of the yard line dictated by the applicable scoring rule.

## 2. Touch

- 2.1 After a touch, the ball will be placed at the furthest point of advance of the ball when the ball carrier was considered to be touched.
- 2.2 On a bobbled ball touch or a tipped pass touch, the furthest advance of the ball is considered to be where the ball was caught, or where the receiver was touched, whichever is closest to the receiver's dead line.
- 2.3 If any of the above spots are in the end zone, the applicable scoring rule placement will apply.

## 3. Score

- 3.1 After a score, the ball will be placed according to the appropriate scoring rule.

## 4. Goal Post Assembly

- 4.1 After hitting the goal post assembly in flight on a kick off, the ball is placed on the receiving team's 25 yard line. If the ball hits the goal post assembly on a kick off after touching the ground or a member of the receiving team, the ball is placed on the receiving team's 10 yard line. If the ball hits the goal post assembly on a kick off after being touched by the kicking team, the ball is considered as being downed.
- 4.2 After hitting the goal post assembly during a punt from the field of play, the ball is placed on the receiving team's 10 yard line unless it was downed. If a punt from the end zone hits the goal post assembly, a safety touch is awarded to the non-punting team.
- 4.3 When the ball hits the goal post assembly on any other play not described above, the ball is considered to have hit the ground in the end zone. Thus the appropriate ruling and placement will apply.

## 5. Pass

- 5.1 After an incomplete pass during a legal forward pass, the ball will be placed at the last point of scrimmage. Any other incomplete pass shall be ruled dead at one of the following spots, whichever is the closest spot to the passing team's dead line:
  - where any offside pass originated
  - where the non-passing team first touched the ball
  - where the ball touched the ground, if it was not touched by the non-passing team
  - where the passing team touched the ball last
  - where the ball went out of bounds

## 6. Motionless Ball

- 6.1 After a motionless ball is ruled dead, it will be placed at the spot it rested.

## 7. Downed Ball

- 7.1 After a loose ball is downed, it will be placed at the spot where the defense first touched the ball or where the offense touched the ball last, whichever is

the closest spot to the offensive team's dead line.

- 7.2 After a free ball is downed, the ball will be placed according to the dead-ball regulations for an incomplete pass with the offense being considered the passing team.

#### **8. Muffed Ball/Last Receiver Touched**

- 8.1 After a muffed ball is ruled dead because the last offensive player to touch the ball was touched, the ball will be placed where the defense deliberately touched that player.

#### **9. Dribbled Ball**

- 9.1 After a dribbled ball is ruled dead, the ball will be placed at 1 of the 3 following spots, whichever spot is closest to the dead line of the dribbling team:

- where the ball was first kicked
- where the ball touched the ground
- where the dribbling team touched the ball last

- 9.2 If the non-dribbling team touched the dribbled ball before it was dead, the ball will be placed at one of the following spots, whichever is closer to the dead line of the dribbling team:

- where the ball was first kicked
- where the non-dribbling team first touched the ball

#### **10. Diving**

- 10.1 After the ball carrier violates the diving regulations, the ball will be placed at its furthest point of advance at the instant the dive began.

#### **11. Punt/Place Kick**

- 11.1 After a punt or a place kick on a convert attempt, the ball will be placed at the appropriate kick off line.

- 11.2 After an untouched punt becomes dead behind the punter's line of scrimmage or in the punters end zone, the ball will be placed at the spot where it touched the ground in bounds or broke the plane of the boundary line.

#### **12. Extended Ball**

- 12.1 When the ball carrier is penalized for deliberately extending the ball, the furthest point of advance of the ball will be considered to be the most forward point of the ball carriers torso at the instant the touch is made.

#### **13. Ball Extension - Mechanics**

- 13.1 Ball extension is a FLAG PLAY and the penalty is applied from where the ball becomes dead, even if a change of possession occurs subsequent to the foul.

- 13.2 The official should throw or drop the flag to indicate the point of the ball-

carrier's torso at the time the foul occurred and then follow the play to its conclusion.

- 13.3 When the ball is declared dead, if the offending team is in possession, the 5-yard penalty is applied from either the point of foul or point ball dead, at option of the non-offending team. The point of foul is the ball-carrier's torso, not the point to which the ball was extended.
- 13.4 If the non-offending team obtained possession, they will certainly accept the penalty from the point where the ball was eventually declared dead.
- 13.5 The Captain uses Signals #30 (Dead Ball Foul) and #13 (Objectionable Conduct), and announces "Minor Objectionable Conduct-Bail Extension".  
NOTE: This penalty is NOT recorded on the score card.

## **Rule 11 - Time Outs**

### **1. Legal Time Out**

- 1.1 Time outs can only be called by the Captain and any on-field player, through the Captain, and only when the ball is dead.

### **2. Team Time Out**

- 2.1 Each team is allowed 1 60-second time out per half, including any overtime half, and 1 60-second time out which can be used at any time during the game, including any overtime game. Any on-field player may request a team time out. Violation of these rules shall be penalized for delay of game. Procedures for administering a time out are outlined in Regulations 11.1 and 11.2.
- 2.2 Each team's captain will be told when 15 seconds remain in the time out. Teams may shorten the 1 minute time period if they both agree.
- 2.3 After the team time out, all offensive players must return to the huddle. Violation of this rule shall be penalized as illegal procedure.

### **3. Use of Team Time Outs**

- 3.1 Teams may use a team time out to discuss strategy, request a check of an opponent's equipment, or check the proper application of a rule.
- 3.2 Time outs used to discuss strategy must be charged as a team time out.
- 3.3 Time outs used for an equipment safety check are not to be charged as a team time out; abuse of this privilege will be penalized for objectionable conduct against the team captain who requested the time out.
- 3.4 Time outs used to check the proper application of a rule will be charged as a team time out if the rule was properly applied, and the team will receive a 10-yard delay-of-game penalty. If the rule was not properly applied, the Captain will correct the application, and the time out will be charged as an official's time out.

- 3.5 Teams cannot use a time out to question an official's judgement call. Violation of this rule will be penalized by charging the team with a team time out plus applying a 10-yard delay-of-game penalty.
- 3.6 When a team is charged with an illegal team time out in a game, they will be penalized for delay of game.

#### **4. Injury Time Out**

- 4.1 Only a Captain may call an official's time out to allow a team to attend to an injured player. If the time out is called by the Captain, the injured player must be removed from the field for at least 1 play, unless the injured player's team calls a team time out. The Captain has full authority to delay the game until the injured player is safely removed from the field.
- 4.2 Unnecessary delay in removing the player shall be penalized for delay of game.
- 4.3 The Captain may call a "bleeding time out" in instances where a player is injured in such a manner their blood is able to be transferred to another participant. In this case, the bleeding player will be removed from the field and given up to two minutes to obtain medical treatment such that the bleeding has stopped or the affected area is completely and securely covered. This time out may also be used to allow a player or official who has had their uniform saturated with blood an opportunity to change or cleanse the uniform. The Captain must approve the participant's return to the playing field. Play should resume after the two minutes have elapsed regardless of the status of the player. Play may resume before this if the bleeding participant is treated adequately or if the uniform has been cleansed before two minutes have elapsed.

#### **Official's Time Out**

- 5.1 Only the Captain is authorized to declare an official's time out. The Captain must call an official's time out during an injury or a measurement, when a captain requests an equipment safety check, when a team is penalized for delay of game, and when a legal safety touch is awarded.

#### **Timing Procedures**

- 6.1 The timing procedures for time outs are as described in Regulation 11.

### **Regulation 11 – Time Outs**

#### **1. Team Time Outs**

- 1.1 The Captain must stop the clock immediately when a team is granted a time out.
- 1.2 If the time out is one of the team's 3 legal time outs, the clock will not start until the snap of the ball on the subsequent play.

If the subsequent play is a kick off, then the clock will start when any on-field player touches the ball after the kick off.

If the ball goes out of bounds on the kick off without being touched, the clock will start on the snap of the ball on the subsequent play or, if it is re-kicked, when any on-field player touches the ball after the kick off.

- 1.3 If the ball hits the goal post without being touched by a player, the clock will start on the snap of the ball on the subsequent play.
- 1.4 No team is permitted to call 2 consecutive time outs without a play occurring between the time outs.
- 1.5 If the time out is for an equipment safety check, a check on a rule application, or an illegal team time out, the Captain will administer the appropriate ruling and/or penalty then start the clock after the next play is whistled in.

## **2. Team Time out Procedures**

- 2.1 When a time out request is for team strategy, the team time out rules and regulations will be applied. If the Captain is aware that the team has already used its allotted time out for team strategy, the Captain must inform the captain of the situation but must not stop the clock while doing so.

If a team has requested and inadvertently been granted an illegal time out for team strategy, the Captain must inform the team captain that called the time-out immediately, apply a delay-of-game penalty and then start the clock.

For an equipment check, the players will check the equipment, apply the appropriate ruling and then start the clock.

- 2.2 For a check on a ruling, the time out must be requested before the ball is snapped or kicked off for the next play.
- 2.3 The Captain will discuss the ruling. If the captains disagree, the Captains must consult the rule book. After the correct ruling is determined, the Captains will correct the application if it was wrong and the team disputing the ruling will not be charged with a team time out. If the ruling was correct, the team in dispute will be charged with a team time out.

## **8. Official's Time Out**

- 8.1 The clock must be stopped whenever the Captain takes an official's time out. This should be done for making equipment repairs, because of blood, or because of a playing hazard, whenever the time consumed in doing so will delay the offense from proceeding to put the ball in play at their usual pace.

## **Rule 12 - Scoring**

### **1. Declaring a Winner**

- 1.1 The team scoring the most points during regulation time is declared the winner. If the teams are tied after regulation time and a winner must be declared, the team scoring the most points during the overtime game is declared the winner.

## 2. **Ball in the End Zone**

- 2.1 The ball is considered to be in the end zone when any part of the ball is on or over the ground in the end zone, or when it crosses the extended plane of the goal line. Once the ball is in the end zone, it is considered to be still in the end zone until it is brought entirely out of the end zone into the field of play.

## 3. **Touchdown**

- 3.1 A team scoring a touchdown is awarded 6 points and a convert attempt.
- 3.2 A touchdown is scored when a player has legal possession of the ball in the opponent's end zone.

## 4. **Convert**

- 4.1 A team scoring a convert from the 5 yard line is awarded 1 point. A team scoring a convert from the 10 yard line is awarded 2 points. When a penalty affects the normal point of scrimmage of a convert attempt, the awarding of 1 or 2 points will be based on where the original convert attempt was scrimmaged prior to any penalty application or repeated convert attempt.
- 4.2 A convert is scored when a player has legal possession of the ball in the opponent's end zone during a convert attempt.

## 5. **Safety Touch**

- 5.1 A team scoring a safety touch is awarded 2 points.
- 5.2 A team scores a safety touch when their opponents cause the ball to be brought into their own end zone and the ball is ruled dead in the end zone before they can bring it out legally, or the ball is considered to have not left the end zone.
- 5.3 A safety touch is not awarded when a player's momentum, while intercepting a pass in the field of play, causes the ball to be brought into the end zone, where it is eventually ruled dead; the intercepting team shall be awarded a first down at the point of interception.

## 6. **Rouge**

- 6.1 A team scoring a rouge is awarded 1 point.
- 6.2 A team scores a rouge when it causes the ball to enter the opponents end zone and the ball is ruled dead in the end zone or goes out of bounds in the end zone before the opponents can bring it out legally; this rule applies even when non regulation end zones exist. If the above conditions are met during a legal kick off, a rouge is awarded, except as noted in "Rouge Not Awarded"

## 7. **Rouge Not Awarded**

- 7.1 A rouge is not awarded when a kick off or a punt from the field of play touches the goal post assembly before touching a player.
- 7.2 A rouge is not awarded when a pass is intercepted in the end zone; the intercepting team will be awarded a first down on their 10 yard line if they do

not get the ball out of the end zone legally.

- 7.3 A rouge is not awarded when a kick off is ruled out of bounds in the end zone in flight.

### **Rule 13 - Convert Attempt**

#### **1. Choice**

- 1.1 After scoring a touchdown, the scoring team may attempt a convert. The captain of the offense may choose to attempt a 1-point convert or a 2-point convert. Once the choice is given to the captain of the defense, the offense cannot change its choice, even if the convert attempt is repeated.

#### **2. Point Of Scrimmage**

- 2.1 A 1-point convert attempt shall be scrimmaged from the 5 yard line. A 2-point convert attempt shall be scrimmaged from the 10 yard line.
- 2.2 When a penalty is applied on a convert attempt, the attempt can be scrimmaged inside the 5 yard line.
- 2.3 The point of scrimmage shall be the centre of the yard line chosen. If goal posts exist, the captain of the offense must choose to have the point of scrimmage moved to one of the hash marks.

#### **3. Convert Attempt Play**

- 3.1 All rules for a scrimmage or pass apply to a convert attempt.
- 3.2 A punt or place kick is illegal and shall be ruled dead immediately; a repeated convert shall not be allowed.

### **Rule 14 - Kick Off**

#### **1. Kick Off Procedure**

- 1.1 At the start of each half, or as stated in the scoring rules, 1 team must kick off to the opponents from its own kick off line. Following a touchdown, or at the beginning of each half, the kick off line will be 10 yards back of the centre-field line. Following a safety touch, the kick off line will be 20 yards back of the centre-field line.
- 1.2 During all kick offs, the ball must be placed on the ground or on a kicking tee anywhere along the kick off line between the hash marks, provided that the lowest point of the ball is not more than 2 inches above the ground. Use of any other method used will be penalized as illegal procedure.
- 1.4 At the instant the ball is kicked, all players of the receiving team must be at least 20 yards from the kick off line, and all players of the kicking team must be behind the kick off line, except the kicker and any teammate pinning the ball to the ground. A team violating this rule will be penalized for illegal procedure.
- 1.5 An illegal procedure penalty by the offense or an offensive penalty may be

applied as either a 5 yard live ball foul or a 5 yard dead ball foul at the option of the non-offending team, but not on the convert attempt if a touchdown is scored.

## **2. Legal Kick Off**

- 2.1 The kick off is legal when: the ball stays inside the boundary lines, the ball touches a player who is in bounds, the ball goes out of bounds in the end zone after touching the ground in bounds, or after touching a player who is in bounds.
- 2.2 When the ball goes out of bounds without meeting 1 of the above conditions, the receiving team has the following options: penalize the kicking team for illegal procedure, be awarded first down at their own 10 yard line, or, if the ball went out of bounds at the sidelines, be awarded a 1st down at this spot.
- 2.3 When the ball hits the goal post assembly in flight without being touched by any player, the receiving team will be awarded a 1st down on their own 25 yard line. When the ball hits the goal post assembly after touching the ground or any player of the receiving team, the receiving team will be awarded a 1st down on their own 10 yard line. When the ball hits the goal posts after being touched by the kicking team, the ball is considered downed.

## **3. Downing the Kick Off**

- 3.1 When the kicking team touches the ball first before it travels 20 yards, they can "down" the ball, but will be penalized for illegal procedure. When the kicking team touches the ball first after it travels 20 yards, they can proceed to "down" the ball without penalty. When the receiving team touches the ball first, the kicking team will not be penalized for downing the ball.

## **4. Recovery by the Receiving Team**

- 4.1 When the kicking team touches the ball first, the receiving team can recover the ball before the ball is downed and advance it.
- 4.2 When a player of the receiving team muffs the kick off in any direction, that player can recover the ball and advance it. Any onside teammate can recover a loose ball and advance it without penalty; recovery of a free ball by a teammate in an offside direction will be ruled as an offensive pass; recovery of a free ball by a teammate in an onside direction can be advanced.
- 4.3 A kick off is considered to be a loose ball until it is touched by the receiving team.

## **5. Recovery by the Kicking Team**

- 5.1 The kicking team will be awarded possession of the ball if they intercept a pass by the receiving team or control a free ball; the ball can be advanced without penalty, unless they commit an offside pass.

## **Rule 15 - Scrimmage**

### **1. Scrimmage Procedures**

- 1.1 To begin a play other than a kick off, the ball must be snapped by the offensive Centre, from the point of scrimmage, to the Quarterback. The Quarterback must be at least 5 yards behind the line of scrimmage when the Quarterback first touches the ball. If the original snap does not travel 5 yards, the Centre cannot pass or bat the ball back the remaining distance. A sleeper play is illegal. Any violation of these rules is illegal procedure.
- 1.2 The line of scrimmage and the point of scrimmage shall be determined by the Captains according to the dead-ball rules and the scrimmage regulations.

## 2. **The Ball**

- 2.1 At the discretion of the Captain, the offensive team may take the ball into the huddle to clean it or keep it dry.

## 3. **The Huddle**

- 3.1 The offensive team must huddle after any time out, change of ends or change of possession, except on a kick off; otherwise a huddle is not necessary. Violation of this rule is illegal procedure.
- 3.2 The Captain will allow the teams reasonable time to line up after each play then blow the whistle to begin the twenty second time count. The offensive team has twenty seconds to snap the ball. If the ball is not snapped within 20 seconds, the offensive team will be penalized for a time count violation.
- 3.3 Deliberate delay of the game by the offense will be penalized by a delay-of-game penalty; after 2 consecutive delay-of-game penalties, the Captain will award first down to the defense at the last point of scrimmage. The Captain must inform the offense whenever they are being charged with a deliberate delay-of-game penalty.

## 4. **The Snap**

- 4.1 The offensive Centre must take a position facing the defense with the feet straddling the point of scrimmage. The ball must be snapped off the ground and between the legs in 1 motion in the direction from toe to heel. Any player who snaps the ball shall be considered as the Centre.
- 4.2 Before the ball can be snapped, it must be set on the ground or the scrimmage bag. The ball must be set within 6 inches of the point of scrimmage or the scrimmage bag but never ahead of it. When the ball has been placed on the ground by the Captains, the Centre can pick the ball up once, adjust it as necessary, then set it. When the offense takes the ball into the huddle, after the Centre touches the ball to the ground the ball is considered live as soon as it is lifted off the ground. After the ball is set on the ground, the Centre cannot move the ball or the body in such a manner that will draw the defense offside.
- 4.3 Violation of any of the snap rules will be penalized as illegal procedure.
- 4.4 If the ball is snapped before the Captain has whistled the play in, the ball is still considered to be dead. The Captain will stop any further play by a whistle

then restart the snap without allowing a huddle. The clock will continue to run, even during the final 3 minutes of a half, unless the Captain decides to impose a delay of game penalty or calls a brief "Captains time out".

## 5. Onside/Offside

- 5.1 All players must be completely behind their side of the scrimmage neutral zone at the instant the ball is snapped, except the Centre. Violation of this procedure is an offside penalty.
- 5.2 All players can be in motion when the ball is snapped; only the Centre must be at the line of scrimmage.
- 5.3 When an offside player touches an opponent before the snap, the ball must be whistled dead and an illegal-procedure penalty assessed against the offending team. The offense may snap the ball after the Captain has started the huddle time count without waiting for the opponents to get onside; the defense will be assessed an offside penalty if they do not get to their side of the neutral zone before the ball is snapped. When both teams are offside when the ball is snapped, the ball must be whistled dead immediately; the down will be replayed without penalty.

## 6. Receiving the Snap

- 6.1 The first teammate of the Centre to touch the snapped ball is the Quarterback.

The Quarterback's entire body must be at least 5 yards from the line of scrimmage when the ball is first touched. Violation of this rule is illegal procedure.

- 6.2 When the Quarterback muffs the snap, the Quarterback may recover the ball without penalty. Any onside teammate can recover a loose ball and advance it without penalty; recovery of a free ball by a teammate in an offside direction will be penalized as an offside pass; of a free ball recovered by a teammate in an onside direction can be advanced.
- 6.3 When the intended Quarterback does not touch the ball, any offensive player can recover the ball; this player is now considered to be the Quarterback.

## 7. The Rush

- 7.1 The first defensive player to cross the line of scrimmage is considered as the Rusher. The Rusher's entire body must be at least 5 yards from the line of scrimmage at the instant the ball is snapped or anytime after the snap. Violation of this rule is an offside penalty.
- 7.2 The Rusher has the right to an unobstructed direct path to the Quarterback. A Rusher loses this right if any part of the Rusher's body is within 1 yard of the Rusher's Bag or greater than 5 yards away from it when the ball is snapped. After the Centre sets the ball for the snap, if the Rusher moves from one side of the Centre to the other, and the Centre is unaware of it, the Rusher loses the right to an unobstructed path to the Quarterback. These rights will be reinstated after the Rusher crosses the line of scrimmage. These rules will

also apply when other defensive players are used to rush the Quarterback during the same play.

- 7.3 Violation of the Rusher's rights to a direct path to the Quarterback is an obstruction penalty against the offense.

## 8. **Unfair Tactics**

- 8.1 Players cannot cross the line of scrimmage to listen to the opponents' huddle. Players cannot voice signals or make sounds that are intended to confuse the opponents' signals,
- 8.2 After the Centre sets the ball for the snap, a defender cannot move directly in front of the Centre and prevent the Centre from moving forward after the snap. The defender must be at least 3 yards from the Centre at the time of the snap, if the defender intends to assume a stationary position.
- 8.3 Violation of these rules is an illegal procedure penalty.

## **Regulation 15 – Scrimmage**

### 1. **Point Of Scrimmage**

- 1.1 The point of scrimmage must be on or between the hash marks along the line of scrimmage.

### 2. **Goal Line**

- 2.1 The line of scrimmage cannot be closer to the goal line than the 1 yard line.

### 3. **Convert Attempt**

- 3.1 The point of scrimmage on a convert attempt will be according to the convert attempt rules.
- 3.2 The ball can be scrimmaged inside the 5 yard line when a penalty is applied on a convert attempt.

### 4. **Goal Posts**

- 4.1 When the line of scrimmage is inside the offensive team's 20 yard line and goal posts are on the field, the next point of scrimmage must be on the hash mark closest to the point where the ball became dead on the previous play.
- 4.2 When the line of scrimmage is inside the defensive team's 5 yard line and goal posts are on the field, the next point of scrimmage must be on the hash mark closest to the point where the ball became dead on the previous play. This rule does not apply on a convert attempt.

### 5. **Adverse Field Conditions**

- 5.1 When field conditions are poor due to inclement weather or other reasons, the Captain shall change the normal point of scrimmage to a spot where better field conditions exist. The new point of scrimmage must not be outside the hash marks and must not put either team in a more disadvantaged position than the situation that existed before the original point of scrimmage had been moved.

## **Rule 16 - Passes**

### **1. Pass**

- 1.1 A pass is a ball that is thrown, handed, dropped, knocked, or batted by a player in any direction; a ball that bounces off a player in any direction is also considered to be a pass.

### **2. Onside Pass**

- 2.1 An onside pass is a ball that is propelled from a player's body towards that player's dead line or parallel to that player's dead line, regardless of how it was propelled. The straight line between the 2 points where the ball left the player's body and where the ball first touched another person, the ground or an object will be used by the Captains to determine if the pass was parallel to or towards the player's own dead line.
- 2.2 An onside pass is legal at any time following a kick off or a snap.

### **3. Offside Pass**

- 3.1 An offside pass is a ball that is propelled from a player's body towards the opponent's dead line regardless of how it was propelled, except by a kick off or a punt. The straight line between the 2 points where the ball left the player's body and where the ball first touched another person, the ground or an object will be used by the Captains to determine if the pass was towards the opponent's dead line. The Captains should indicate by the appropriate hand signal if a pass is offside.
- 3.2 A hand-off pass in a forward direction is considered an offside pass. If it is the first offside pass behind the line of scrimmage, it is legal and considered to be a forward pass.
- 3.3 An offside pass is legal when it is considered to be a legal forward pass. An offside pass is legal when it is caught by the player who caused the offside pass, but such a pass is subject to the bobbled ball rules.
- 3.4 An offside pass can be caught and advanced by a teammate when the ball is considered loose and that teammate is considered onside.
- 3.5 Violation of these rules is an offside pass penalty against the team that committed the offside pass.
- 3.6 A kick off or punt is not subject to the offside pass rule until the ball is touched by any player.
- 3.7 An offside pass is not legal even when it is touched first by an opponent.

### **4. Forward Pass**

- 4.1 A forward pass is a ball deliberately thrown by an offensive player towards the opponent's goal line. The first offside pass thrown by the offense during a play will be considered a forward pass.

- 4.2 A forward pass is legal when it is thrown from behind the line of scrimmage. It must be the first forward pass thrown by the offense during each play and must be thrown before the ball is carried over the line of scrimmage. A forward pass cannot be thrown during a kick off. Any forward pass that violates these rules will be treated as an offside pass.
- 4.3 For the purposes of determining a legal forward pass, when even 1 foot of the ball carrier or passer is over the line of scrimmage, the ball is considered to be over the line of scrimmage. When the passer throws a forward pass after crossing the line of scrimmage, the offside pass rules will apply; the passer will be given any legal gain made beyond the line of scrimmage.

**5. Muffed Onside Pass**

- 5.1 When an offensive player muffs an onside pass while behind the line of scrimmage and before a forward pass has been thrown, the ball is free to both teams until it touches the ground. When it touches the ground, the ball is dead.

**6. Passer**

- 6.1 Any player on the offense or defense can throw a pass.

**Rule 17 - Complete/Incomplete Passes**

**1. Receivers**

- 1.1 All players on the offense and defense are receivers.

**2. Completed Pass**

- 2.1 A pass is completed when a receiver is in possession of the ball before the ball is dead; the receiver must also touch the ground or an opponent in bounds with any part of the body after gaining possession of the ball.
- 2.2 When an opponent causes the receiver to land out of bounds and, in the judgement of the Captains, the receiver would have touched the ground in bounds without the opponent's action, the receiver will be considered to have landed in bounds.

**3. Completed Pass Awarded**

- 3.1 When a receiver gets control of the ball even for an instant, then loses control because of bodily contact caused by an opponent, the receiver will be awarded a completed pass, and the opponent will be awarded a touch at the point of contact.
- 3.2 A pass is ruled as completed to a receiver when an opponent is penalized for pass interference against that receiver in the target area.
- 3.3 When a player catches a pass tipped by a teammate, the pass completion is awarded to the player who caught the pass.

**4. Simultaneous Possession**

- 4.1 A completed pass caught simultaneously by teammates shall be awarded to

the teammate who first touched the pass. A completed pass caught simultaneously by players on opposite teams shall be awarded to the player whose team had possession before the pass was caught simultaneously. That player is considered to have been touched at that spot.

## 5. **Tipped Pass**

5.1 Tipped passes are legal. If the pass is an onside pass, the ball can be advanced when caught. If the tipped pass is an offside pass, the offside rule applies.

## 6. **Bobbled Pass**

6.1 If the player who caught the ball was the last player to tip the ball and had been deliberately touched by an opponent after tipping the ball, the pass is considered completed and the ball is considered dead when the receiver was touched.

6.2 When a ball carrier accidentally loses control of the ball, then catches it without the ball being touched by another player, if the ball carrier was deliberately touched by an opponent after first losing control of the ball, the play is considered dead when the ball carrier was touched.

6.3 When a ball carrier deliberately throws the ball into the air, then catches it to avoid being touched with the ball, the ball is dead immediately, and the opponents will be awarded a touch where the ball carrier first released the ball.

## 7. **Intercepted Pass**

7.1 Any pass originally caused by the team in possession but caught by the opponents is an intercepted pass.

## 8. **Incomplete Pass**

8.1 A thrown pass is incomplete and the ball is immediately dead when it touches the ground, the goal post or an official, or goes out of bounds before being caught.

## 9. **Blocked or Deflected Forward Pass**

9.1 A forward pass that is blocked by a Rusher is considered to be an incomplete forward pass when it hits the ground. If the ball is caught, the appropriate offside/onside pass rules apply. The offense cannot throw a second forward pass; this will be ruled an offside pass. A deflected forward pass is ruled a regular forward pass playable by both teams.

## 10. **Deliberate Grounding of A Pass**

10.1 When the passer deliberately throws the ball out of bounds, or to an area where there is no receiver, in an obvious attempt to avoid a loss of ground, the passer will be penalized for deliberately grounding the ball.

## 11. **Forward Pass vs. Dropped Ball**

11.1 When the passer attempts a forward pass and loses control of the ball after starting the passing arm in a forward motion and following through with the intended pass motion, the ball is dead when it hits the ground and the play is

considered to be an incomplete forward pass. If the forward motion of the throwing arm had not started when control of the ball was lost, the play is considered an onside or offside pass, as appropriate.

## **Rule 18 – Pass Interference**

### **1. Pass Interference**

1.1 Pass Interference occurs when a player takes away an opponents positional advantage.

### **2. Pass Interference Criteria**

2.1 In deciding whether or not pass interference has occurred, the Captains will consider all the criteria described in the Regulations, 18.1 to 18.8.

### **3. Target Area/Remote Area**

3.1 Pass interference in the target area can apply only when the pass is in the air and the player who had positional advantage had a reasonable chance of getting to the arrival point of the ball. When these two conditions do not apply, any pass interference that occurs will be considered to have occurred in the remote areas.

### **4. Violations**

4.1 Pass interference by the offense or the defense is illegal. The team that violates the pass interference regulations will be penalized for pass Interference in the target area or remote area, as judged by the Captains.

## **Regulation 18 – Pass Interference**

### **1. Contact**

1.1 A player has committed bodily contact when that player makes contact with an opponent and moves the opponent off stride or away from the opponent's intended direction or position. Contact between opponents is legal provided that the contact results from a simultaneous and legitimate attempt to play the ball and occurs at the arrival point of the pass; this contact is legal only when each player is intent on playing the ball and each player is in an equally favourable position to play the ball.

1.2 When contact occurs without moving the opponent off stride or away from the opponent's intended direction or position, pass interference has not occurred; this is incidental contact.

### **2. Path to the Ball**

2.1 All players have an equal right to a direct path to the arrival point of the ball. However, a player in an unfavourable position cannot commit bodily contact with an opponent to reach the ball, even if the ball was eventually touched by that player.

2.2 A player who is in an equal or an advantageous position to play the ball, compared to an opponent, is considered to have the right to the path to the

ball. When that right is taken away by an opponent using bodily contact, pass interference has occurred.

- 2.3 A player who takes a path or a position on the field in order to catch a pass or defend against a pass, has a right to that path or position unless an opponent has already taken it. A player who takes an opponent's established path or position using bodily contact is guilty of pass interference.
- 2.4 When two opponents cross paths and make contact, the player who had clearly declared the intended path first has the right to that path; the opponent is guilty of pass Interference unless the contact was incidental. If the Captains cannot determine who declared their path first, pass interference has not occurred.
- 2.5 When opponents get their feet tangled up while running their respective paths causing one player to lose balance, a pass interference penalty is not automatic. The relevant positions and intended paths of the players must be taken into account.
- 2.6 In all the above cases, the player who is in the advantageous position to play the ball must continue to display intent to reach the arrival point of the ball. Otherwise, any contact by the opponent in a sincere effort to reach the arrival point of the ball will not be considered pass interference. A deliberate attempt to block the opponent from reaching the arrival point of the ball is pass interference.

### **3. Pick Play**

- 3.1 An offensive player cannot prevent a defensive player from pursuing another offensive player by impeding that defensive player's direct path to the teammate. The defensive player must be moving towards the second offensive player to be considered as pursuing that player.
- 3.2 If the first offensive player is playing the ball, that player cannot be considered as impeding the defensive player from pursuing the second offensive player.
- 3.3 Violation of these regulations is pass interference in the remote area.

### **4. Stationary Position**

- 4.1 A defensive player who has maintained a stationary position since the ball was snapped shall not be penalized for pass interference if run into by an opponent, except as stated in Rule 15.8. If the defensive player takes a stationary position after the ball is snapped, this position cannot be in a path already taken by an opponent.

### **5. Playing the Ball**

- 5.1 A player must be facing the ball as it arrives in the target area to be considered to be playing the ball.

When the ball strikes a player who is not playing the ball and who is impeding an opponent's approach to the ball, this is pass interference in the target

area; for the purposes of this regulation, the opponent must be moving towards the ball to be considered impeded.

## 6. **Screening**

6.1 As the ball arrives in the immediate vicinity of a receiver, a player who is not playing the ball cannot extend the arms or wave a hand in an attempt to distract a receiver, to block a receiver's vision, or to touch the ball. Violation of this rule is pass interference in the remote area; if the ball is touched or the receiver's direct line of vision to the ball is blocked, this is pass interference in the target area.

## 7. **Non-Catchable Pass**

7.1 When an official considers a pass cannot be caught even with extraordinary effort, no target area pass interference penalty shall be assessed even when target area pass interference occurs by either team. The pass interference infraction must be assessed as a remote area pass interference penalty.

## 8. **Center/Rusher Interference**

8.1 When bodily contact occurs between the Centre and the Rusher, if the Rusher had lost rights to a direct path to the Quarterback, the Rusher will be penalized for pass interference in the remote area; if the Rusher had not lost rights to a direct path to the Quarterback, the Centre will be penalized for obstruction.

## **Rule 19 - Punts**

### 1. **Punts**

1.1 A punt is a ball deliberately dropped from the hand and kicked with the foot, thigh or leg at or below the hip, before the ball touches the ground.

1.2 Any player may punt the ball. After a kick off or a snap, the ball can be punted at any time during a live ball, except during a convert attempt. A punt cannot be used to replace a kick off or a snap; this is illegal procedure. A punt during a convert attempt will be ruled dead, immediately as the ball is punted, and considered as an incomplete pass.

1.3 When a player attempts to punt and the ball strikes any part of the punter's body, this shall be considered a punt and all the rules of a punt shall apply. If the punter misses the ball entirely, this is considered to be an offside pass.

### 2. **Dribbled Ball**

2.1 A player who does not have possession of the ball cannot legally punt the ball. When a player accidentally or deliberately kicks the ball with the foot or leg below the knee, without having had control of the ball in the hand, this is a dribbled ball.

2.2 The ball becomes an onside or offside pass depending on its direction and will remain live until it hits the ground; the dead-ball rules for a dribbled ball will apply. A dribbled ball can be advanced only if it is caught by the non-dribbling team.

### **3. Possession After A Punt**

- 3.1 Immediately as the ball is punted, the punting team automatically loses possession to the opponents, unless the punt is blocked or is considered to have never left the end zone.
- 3.2 A regular punt, and a punt that is considered to have never left the end zone, is a loose ball only to the receiving team until touched by them.

### **4. Punt Reception**

- 4.1 Any player of the punt-receiving team can catch a punt and advance, if that player stayed in bounds during the entire play. Violation of this rule is an illegal re-entry penalty.

### **5. Restraining Zone**

- 5.1 After a punt, players of the punting team cannot touch the ball or cannot be touched by the ball before the opponents touch the ball. After a punt, all players of the punting team must be at least 5 yards away from the ball when an opponent first touches the ball. Violation of these rules is a "no-yards" penalty assessed against the punting team from the point where the ball was first touched. If the offending player(s) did not affect the play in any way, the "no-yards" penalty will be applied as a 5 yard penalty.

### **6. Recovery of a Muffed Punt Reception**

- 6.1 When a punt receiver muffs the ball, the ball is free to both teams until it touches the ground; if the punting team had violated the no-yards rule, they cannot be awarded the ball.
- 6.2 When the punt receiver muffs the ball in an offside direction, the ball is dead when it touches the ground. Recovery of a free ball by a teammate in an offside direction will be penalized as an offside pass.
- 6.3 When the punt receiver muffs the ball in an onside direction, the ball is still live after it touches the ground. The punting team can down the ball when it is loose; they can catch and advance the ball when it is a free ball. The receiving team can catch and advance a loose ball or a free ball if they have not violated the offside pass rules.

## **Rule 20 - Deflected and Blocked Punts**

### **1. Deflected Punt**

- 1.1 A deflected punt is a punt that touches any player immediately after being punted but continues to travel in a direction away from the punter's dead line.
- 1.2 A punt deflected by any player will be considered as not having been touched at all.
- 1.3 A deflected punt is dead when it touches the ground behind the line of scrimmage or in the punter's end zone.

### **2. Blocked Punt**

- 2.1 A blocked punt is a punt that touches any player immediately after being punted, causing the ball to travel in a direction that is parallel to or towards the punter's dead line.
- 2.2 A punt blocked by the punter's teammate will be considered as not having been touched at all; if a player of the punting team subsequently touches the blocked punt, the punting team will be penalized for "no-yards", but they can down the ball.
- 2.3 A punt blocked by the punter's opponents will be ruled an onside pass by the blocker if the ball travels parallel to the punter's dead line; if the ball travels toward the punter's dead line it will be ruled as an offside pass by the blocker. Both teams may catch the ball; they do not have to stay out of the restraining zone; they may advance the ball if they have not violated the onside/offside pass rules.
- 2.4 A blocked punt is dead when it touches the ground.

### 3, **Possession after a Blocked Punt**

- 3.1 A blocked punt is a free ball until it touches the ground. After a punt is blocked in the field of play, the ball remains in the possession of the non-punting team until they lose possession. After a punt is blocked in the end zone, the ball is considered to be still in the possession of the punting team until they lose possession.
- 3.2 If a team has earned a first down when their punt is blocked by the opponents, they will be awarded a first down if they legally regain possession of the ball.
- 3.3 If a first down has not been earned by the punting team when their punt was blocked by the opponents, and the punting team catches the blocked punt before the opponents, the play and the down will continue as if no blocked punt occurred. The punting team can throw a legal forward pass if none had been thrown prior to the punt, and the ball had not previously crossed the line of scrimmage; the punting team can punt the ball again. The punting team must earn a 1st down within the 3 consecutive downs provided or lose possession.

## **Rule 21 - Illegal Acts**

### **1. Use of Hands**

- 1.1 Players cannot use their arms or hands to impede or redirect an opponent, except when that opponent obstructs their direct path to the ball carrier. Players cannot use the goal posts with their hands or arms to push off or to change their direction. Violation of these rules is illegal use of hands.
- 1.2 When a player is not playing the ball, an opponent can redirect that player with the hands in an effort to continue pursuing a direct path to the arrival point of the ball or the intended receiver.

1.3 Players may touch an opponent to feel their relative position as long as the opponent is not impeded or redirected. Players may touch the goal posts with their hands if such touching does not help them change their direction.

## **2. Obstruction**

2.1 Obstruction is when a player impedes an opponent's direct path to the ball, the ball carrier or the intended receiver, with or without contacting the opponent.

2.2 A player may assume a stationary position if the intent is obviously to avoid obstructing an opponent. A player may cut across the path of an opponent if the opponent's progress is not impeded or redirected. Violation of these rules is an obstruction penalty.

2.3 During a kick off or punt, players of the receiving team may take a stationary position, if the obvious intent is not to obstruct the opponent's path to the ball carrier.

2.4 When the ball carrier uses stationary teammates as a means of blocking the opponent from getting to the ball carrier, such stationary teammates are not to be penalized for obstruction unless they move from their spot.  
Note: This rule does not apply to centre/rusher interference. Consult Rule 15.7 and Regulation 18.8 for specific rules governing the Centre and the Rusher.

## **3. Illegal Re-Entry**

3.1 A player who steps out of bounds during a live ball cannot re-enter the field to play the ball, pursue a ball carrier or pursue an intended receiver. A player who is pushed out of bounds by an opponent or goes out of bounds as a result of a slippery field is not considered to have gone out of bounds unless that player makes no immediate effort to get back in bounds. Violation of these rules is an illegal re-entry penalty.

## **4. Illegal Participation**

4.1 A player cannot leave the bench area to enter the field and play the ball, pursue a ball carrier, pursue an intended receiver, or obstruct a player; this rule applies also to fans and team members in or out of the team bench area. Violation of this rule is an Illegal participation penalty.

## **5. Extension**

5.1 The ball carrier is not allowed to place the ball forward by deliberately extending the arm(s) in an obvious effort to gain extra distance. When the ball carrier violates this rule, the ball will be placed according to the regulation for an extended ball and an additional minor objectionable conduct penalty will be assessed as a dead-ball foul. The non-offending team may decline the penalty if it sees an advantage in doing so.

5.2 A touchdown or convert cannot be scored by extension. A safety touch or rouge cannot be prevented by extension.

## **Rule 22 – Player Conduct**

### **1. Major Foul**

- 1.1 A player or team member is not allowed to strike or trip an opponent or an official with the deliberate intent to cause bodily harm. Any other act of roughness or unfair play considered by the Captain to threaten the safety of any participant is not allowed.
- 1.2 Violation of these rules is a major foul and the player or team member must be ejected from the game.
- 1.3 An automatic first down is awarded to the non-offending team if they have possession of the ball.

### **2. Personal Foul**

- 2.1 Any act of roughness or unfair play that is committed by a player or team member, but is not considered by the Captain to be a major foul, is a personal foul. All players must attempt to control their momentum when approaching an opponent.

- 2.2 Violation of these rules is a personal-foul penalty.

Note: The specific acts described in Regulation 22 are to be included in the interpretation of this rule by the Captains.

- 2.3 The defender/ rusher will be called for a personal foul if they make ANY contact with the quarterback's throwing arm or hand at or above the Quarterback's shoulder while attempting to make a pass. This includes the Quarterback's natural follow-through motion.

### **3. Objectionable Conduct**

- 3.1 A player or team member is not allowed to use profane language, make verbal threats, or utter demeaning or intimidating remarks or actions to another player, team member, fan or official. Persistent arguments from any player or team member are not allowed. A player is not allowed to deliberately delay the smooth operation of the game. A player is not allowed to fake an injury or loss of balance in an obvious attempt to delay the game or cause a personal foul to be assessed against an opponent.

- 3.2 Violation of these rules is an objectionable conduct penalty. If the violation is considered by the Captain to be of a serious nature, the player or team member must be ejected from the game.

### **4. Player Ejection/Game Forfeit**

- 4.1 An ejected player or team member must stay in the bench area and refrain from berating players, Captains and fans. When an ejected player or team member violates these rules, that person must leave the park.

- 4.2 If the ejected individual does not leave the park within 3 minutes, or returns to the park during the game, the Captain must award the game to the opponents.
- 4.3 The Captain must take an official's time out while carrying out these procedures.

## **Regulation 22 – Player Conduct**

### **1. Rough Touch**

- 1.1 A one-handed touch or a two-handed touch shall be considered a personal foul if the ball carrier is shoved off balance as a sole result of the impact. It is not a personal foul if the contact was caused by a sudden stop or change in direction by the ball carrier, and the opponent attempted to diminish the contact. A touch in the neck, head and face areas shall be interpreted as a personal foul unless the ball carrier had bent over, crouched or fallen down while the attempt to touch was being made by the opponent. If the action is considered to be incidental, the official shall apply the penalty as a minor personal foul.
- 1.2 A heavy-handed slap or a swinging arm slap while touching the ball carrier shall be considered a personal foul.
- 1.3 The above fouls shall be considered to have occurred after the ball was dead.

### **2. Contacting the Passer**

- 2.1 A player is not allowed to contact the passer using bodily contact. If the bodily contact was caused by the passer's sudden stop or change of direction, and the player attempted to diminish the contact, no foul has occurred. If the player made an extraordinary attempt to diminish the contact or to prevent the passer from injury, the official shall use discretion as to whether or not a personal foul should be called.
- 2.2 The above fouls shall be considered to have occurred while the ball was live unless the ball was considered to be dead prior to the contact.

### **3. Contacting the Punter**

- 3.1 A player is not allowed to contact the punter using bodily contact even when the ball is blocked or deflected. No foul has occurred if the bodily contact was caused by the punter's sudden stop or change in direction or if the player attempted to diminish the contact.
- 3.2 The above conditions apply on all attempts to punt the ball.
- 3.3 The above fouls shall be considered to have occurred before the ball was punted.

### **4. Contacting the Receiver**

- 4.1 A player is not allowed to use bodily contact on a pass receiver or punt receiver before or after the ball is touched, even if the ball is muffed. If the

bodily contact was caused by a legitimate attempt to catch or down the ball while both players had equally favourable positions to the ball, no foul has occurred.

- 4.2 A player is not guilty of contacting the receiver if the bodily contact was caused by a sudden stop or change in direction by the opponent and the player made every attempt to diminish the contact. The above conditions apply to both teams after a ball is muffed or tipped.

Penalty application of these fouls is governed by Rule 24.11

## 5. **Tripping**

- 5.1 A player is not allowed to trip an opponent using the arm, the lower leg, or foot. These fouls will be considered to have occurred before the ball is dead.

## 6. **Piling On**

- 6.1 After the whistle is blown to indicate that the ball is dead, a player is not allowed to run into, throw the body against, or deliberately fall upon an opponent.

- 6.2 The above fouls will be considered to have occurred after the ball is dead.

## 7. **Charging**

- 7.1 The ball carrier is not allowed to elbow, shoulder, or throw the body into an opponent or attempt to jump through defenders blocking the path.

- 7.2 The above fouls will be considered to have occurred after the ball is dead.

## 8. **Diving**

- 8.1 A defender is allowed to dive towards the ball carrier if the intent is to touch the player. If the contact with the ball carrier causes the ball carrier to fall, this will be considered a personal foul if unnecessary force was used.

- 8.2 The ball carrier is not allowed to dive forward in any obvious effort to gain extra distance.

- 8.3 The above fouls are considered to have occurred after the ball was dead.

## 9. **Attempts to Strike A Player**

- 9.1 Any attempt to strike or trip a player in any manner which fails is a major foul and will be considered as having occurred after the ball is dead.

## **Rule 23 – Distance Penalties**

### 1. **Fixed-Distance Penalties**

- 1.1 In addition to any other penalties described in the rules, the following penalties of a fixed distance shall be applied from the appropriate spot.

Distance

Foul

5 yards

Time Count Violation

	Illegal Procedure
	Offside
	Minor Objectionable Conduct (Extension)
	Minor Personal Foul (incidental head touch)
	Minor No Yards
10 yards	Delay of Game Illegal Re-entry Illegal Substitution Illegal Use of Hands No Yards/Restraining Zone Objectionable Conduct Obstruction Pass Interference In the Remote Zone
15 yards	Personal Foul
25 yards	Major Foul

## 2. Variable-Distance Penalties

- 2.1 In addition to any other penalties described in the rules, the following penalties of variable distances shall be applied.

Foul	Penalty
Illegal Participation	A touchdown is awarded if a team player is involved; a replay is awarded if a fan is involved.
Offside Pass	The ball is brought back to the spot where the offside pass began.
Pass Interference In the Target Zone	The ball and a first down can be awarded to the non penalized team at the spot where the foul occurred. The defense can also elect to have the pass be considered as an incomplete pass. If this occurs on a first or second down play, this will simply be a loss of down. If this happens on a third down play, the defending team electing to declare the pass incomplete may take over at the previous line of scrimmage.

## Rule 24 – Application of Penalties Penalty Options

### 1. Penalty Options

- 1.1 A penalty can be refused by the team that was not penalized with the following exceptions:

- For major fouls, personal fouls and objectionable conduct penalties, the player's name must be recorded on the scorecard as having committed that foul.
  - A player must be ejected from the game if the rules make it mandatory.
  - Any distance penalty associated with an ejection or personal conduct fouls can be refused.
- 1.2 The team not penalized has 2 options. If they refuse the penalty, the play must be considered legal and any gain, loss or score will be counted. If they accept the penalty, the penalty will be applied by the Captain. If the penalty involves choices, the non-offending team may choose the one they consider to be most advantageous to them.
- 1.3 Once a team has told their choice to the Captain, they cannot change their choice. If they have been given the wrong choice, the team must request the correct choices before the ball is snapped or kicked off for the next play or lose their right to request the correct choices.

## 2. **Application of Fixed Distance Penalties**

Unless expressed elsewhere in the rules and regulations, fixed distance penalties shall be applied as described below.

### 2.1 **Foul Before the Ball Is Put Into Play**

When a team commits a foul before the ball is put into play, they shall repeat the down, convert attempt, or kick off. The distance penalty will be applied from the point where the ball was to be put into play before the foul occurred.

### 2.2 **Foul As the Ball is put Into Play**

When a team commits a foul as the ball is put into play, any distance penalty will be applied from the spot where the ball was last put into play and the down, convert attempt, or kick off will be repeated.

### 2.3 **Foul before the Offense Gains First Down**

When a team commits a foul before the offense gains first down, any distance penalty will be applied from the spot where the ball was last put into play and the down will be repeated.

### 2.4 **Foul after the Offense Gains First Down**

When a team commits a foul after the offense gains first down, any distance penalty will be applied from the spot where the ball was when the penalty occurred. The offense will be awarded first down at the spot where the ball is placed after the distance penalty is applied.

### 2.5 **Foul Before the Offense Loses Possession**

When a team commits a foul before the offense is considered to have lost possession of the ball, any distance penalty will be applied from the spot where the ball was last put into play and the down will be repeated.

## 2.6 **Fouls After the Offense Loses Possession**

1. When a team commits a foul after the offense has lost possession, any distance penalty will be applied from the spot where the ball was when the penalty occurred, and the team awarded the ball will be awarded a first down where the ball is placed after the distance penalty is applied.
2. If the offense lost possession by a kick off or a punt and the penalty occurred before the ball was touched, the distance penalty will be applied from the spot where the ball was first touched and first down will be awarded after the distance penalty is applied.

## 2.7 **Fouls After the Ball is Dead (Dead-Ball Fouls)**

1. When a team commits a foul which is considered to have occurred after the ball is dead, any gain, loss, or score during the previous play will be counted and any distance penalty will be applied from the spot where the ball would have been put into play if no dead-ball penalty had occurred. If the next play is a convert attempt, the distance penalty can be applied on the convert attempt or on the kick off.
2. When a dead-ball foul occurs, the distance of the penalty will be added to or subtracted from the remaining yards required to reach the first down spot or the goal line. When the offense has been awarded a new 1st first down, only the field position will be affected if the foul occurred before the new 1st down was whistled in.

## 3. **Variable-Distance Penalties**

Variable-distance penalties shall be applied as described below. When a variable distance penalty is applied, the penalized team will not repeat the down.

### 3.1 **Offside Pass**

1. When a team commits an offside pass, the ball will be placed at the spot where the ball was when it was released by the passer, where the ball was caught, or where the ball is ruled dead, at the option of the non-offending team. The down, convert attempt, or kick off will not be repeated.

### 3.2 **Pass Interference In the Target Zone**

1. When pass interference occurs in the target zone, the penalty will be applied as a live-ball foul.
2. When the defense commits pass interference in the target zone, the offensive player who was interfered with will be awarded a completed pass at the spot of interference or 10 yards in advance of the line of scrimmage; an automatic 1st down will be awarded also.
3. When the offense commits pass interference in the target zone, the defense can choose to declare the play an incomplete pass or take possession at the spot of interference. If this occurs on a third down play, the defending team electing to declare the pass incomplete may take over at the previous line of scrimmage.

### **3.3 Deliberately Grounding the Ball**

1. When a team deliberately grounds the ball, the ball will be placed at the spot where the ball was when it was released by the passer, or the defense may choose to rule the play as an incomplete pass. The down or convert attempt will not be repeated.

## **4. Penalties Near The Goal Line**

- 4.1 The application of a penalty will never spot the ball inside the 1 yard line.
- 4.2 When a fixed distance penalty is applied from a spot inside a team's 30 yard line, the distance applied shall not be more than half the distance to the goal line. A fixed penalty applied from outside a team's 30 yard line shall not be taken closer than that team's 15 yard line (unless multiple fouls are involved). In all the above cases, if the normal distance would have placed the ball in the defense's end zone or past the 1st down spot, the offense will be awarded a 1st down.
- 4.3 Variable distance penalties are not subject to the half-distance rules.

## **5. First Down Awarded By Penalty**

- 5.1 A team can be awarded a 1st down from a penalty. A team will be awarded a 1st down when: the opponents are guilty of pass interference in the target zone; the offense reaches the opponents' goal line when a distance penalty is applied; the offense reaches the 1st down spot during the application of any penalty before a 3rd down begins; the offense reaches the 1st down spot during the application of a live-ball penalty on a 3rd down.
- 5.2 The offense cannot be awarded a 1st down by a dead-ball penalty that is applied after the 3rd down play.
- 5.3 When a team is awarded a 1st down by a legal gain or penalty, the 1st down cannot be withdrawn because of a subsequent penalty applied on that play, including penalties for dead-ball fouls.

## **6. Penalties On A Convert Attempt**

- 6.1 Live- and dead-ball penalties, by either team will, be applied as they are on a regular scrimmage play, except as noted below.
- 6.2 Following a penalty application, the ball can be scrimmaged inside the 5 yard line.  
  
The offense will be awarded a repeated attempt except when: the offense commits pass interference in the target zone; the offense commits illegal re-entry; the offense commits an offside pass outside the end zone; a foul by either team occurs after the ball is considered dead.
- 6.3 When the defense commits pass interference in the target area in the end

zone, the convert will be awarded.

- 6.4 Dead-ball penalties must be applied on the subsequent kick off unless the convert attempt is repeated; in these cases, the non-penalized team can choose to apply the penalty on the convert or the kick off.

## **7. Fouls During the Last Play in A Period**

- 7.1 When a team commits a live-ball foul during the last play in a period, the opponents have 2 choices: they can refuse the penalty, thereby making the play legal and ending the period; or they can accept the penalty and the team entitled to possession after the penalty is applied will be permitted 1 more play in that period.
- 7.2 When the offense commits an offside pass or commits obstruction after gaining a first down on the last play of a period, if the defense applies the penalty, the period will be considered completed.
- 7.3 Dead-ball fouls committed after the ball is put into play will be applied on the first play of the next period.

## **8. Illegal Re-entry Fouls**

- 8.1 When an offensive player commits an illegal re-entry foul, the penalty will be applied as follows:

On a kick off, apply the penalty from the spot where the ball was when the foul occurred.

On a scrimmage play, if the foul occurred before the team who put the ball into play lost possession, apply the penalty from the spot where the ball was put into play and repeat the down if the first down had not been made at the time of the foul; at the point of foul with the down not repeated if the first down had been made at the time of the foul.

On a scrimmage play, if a catch is made by the offending player, then the defense has the option of declaring the pass incomplete

On a convert attempt, a score will not be awarded and a repeated convert attempt will not be allowed.

On a scrimmage play after a change in possession, apply the penalty from the spot where the ball was when the foul occurred.

- 8.2 When a defensive player commits an illegal re-entry foul, the penalty will be applied as follows:

On a kick off, apply the penalty from the spot where the ball was when the foul occurred.

On a scrimmage play, apply the penalty from 1 of the following 2 spots at the

option of the offense: the spot where the ball was put into play and repeat the down; the spot where the ball was when the foul occurred.

On a convert attempt, if the foul occurred in the end zone, the offense will be awarded the points. If the foul occurred in the field of play, apply the penalty from the point where the ball was put into play.

On any play, if a score definitely would have been made without the illegal entry, award the score.

## 9. **Illegal-Participation Fouls**

- 9.1 When a team member commits an illegal-participation foul, the opponents will be awarded a touchdown, and the team member must be ejected from the game.
- 9.2 When a fan commits illegal participation, the play will stand if the fan's participation did not affect the result of the play. If a score would have definitely been completed without the fan's participation, the score must be awarded. In all other cases, repeat the play.

## 10. **End-Zone Fouls**

Note: None of the following rules applies on a convert attempt.

- 10.1 When a foul occurs in or out of the end zone, and the point of application of the penalty is not in the end zone, the regular penalty rules apply.
- 10.2 When a foul occurs and the point of application of the penalty is in the end zone, the following rules apply:
  - If the offense committed the foul, the defense will be awarded a rouge or a safety touch as defined by the scoring rules.
  - If the foul committed by the offense is "no yards," the defense has the option of taking the ball on the opponents' 10 yard line or at the previous line of scrimmage rather than be awarded the points.
  - If the defense committed the foul, no points will be awarded to the defense and the offense will be awarded a 1st down at their 10 yard line.
- 10.3 If the punting team commits obstruction in their end zone by preventing an opposing player from attempting to catch a punted ball that has not left the end zone, the non-offending team has the option of taking the ball on the offending team's 1 yard line.
- 10.4 When a team intercepts a pass in the end zone, then commits a foul before the ball is brought out of the end zone, and the point of application of the penalty is in the end zone, no score will be awarded to the opponents. The intercepting team will be awarded a first down at their 10 yard line.
- 10.5 When a team commits pass interference in the target zone while in their own end zone, the opponents will be awarded a first down on the offending team's 1 yard line. When a team commits pass interference in the target zone in the

opponent's end zone, no score will be awarded; the non-offending team will be awarded a first down at their 10 yard line or 10 yards in advance of the previous line of scrimmage.

- 10.6 When any of the above fouls involve player conduct, the distance for the player conduct penalty will be applied from the spot where the ball would be next put into play.

## 11. Player Conduct Fouls

- 11.1 Objectionable Conduct Fouls shall be applied as dead-ball foul.

- 11.2 Major Fouls and Personal Fouls shall be applied as dead-ball fouls, except when an opponent commits a major or personal foul on a player who:

- A
- i) is attempting to pass the ball
  - ii) is attempting to punt the ball
  - iii) is attempting to retrieve a muffed outside pass, a muffed snap or a muffed kick off or punt.
  - iv) is attempting to catch the ball in the target area.
- B
- i) is tripped without a touch being awarded
- C
- i) is a ball carrier or a receiver in the target area during the last play of a half

A personal foul or major foul in any of these situations can be applied as a live-ball foul or dead-ball foul at the option of the non-offending team.

- 11.3 The distance penalty for a major foul or personal foul that is to be treated as a live ball foul shall be applied at one of the following spots, at the option of the non-offending team: from the point of last scrimmage when the team that put the ball into play is considered to have not lost possession; from the point of foul, with possession retained by the passing team; where the ball is considered to be dead.

- 11.4 The distance penalty for a foul on a punter shall be applied at one of the following spots, at the option of the non-offending team: at the point of last scrimmage when the team that put the ball into play is considered to have not lost possession; at the point of foul; where the receiving team first touched the ball; where the ball is considered to be dead.

- 11.5 The distance penalty for a foul on a player attempting to retrieve a muffed outside pass, or a muffed snap or a muffed kick off or punt shall be applied at one of the following spots, at the option of the non-offending team: from the point of last scrimmage, when the team that put the ball into play is considered to have not lost possession; from the point of foul, with possession retained by the offensive team; where the ball is considered to be dead.

- 11.6 The distance penalty for a foul on a player attempting to catch the ball in the target area shall be applied at one of the following spots, at the option of the

non-offending team: from the point of last scrimmage when the team that put the ball into play is considered to have not lost possession; from the point of foul; where the ball is considered to be dead.

11.7 The distance penalty for a tripping foul on an opposing ball carrier that is not considered a touch shall be applied at one of the following spots at the option of the non-offending team: at the point of foul; from the point of last scrimmage; where the ball is considered to be dead.

11.8 The distance penalty for a major or personal foul, during the last play of the half, on a ball carrier or a receiver in the target area, shall be applied as follows: If the foul is by the defense on the ball carrier, apply the penalty as a live-ball foul at the spot where the foul occurred and allow one more play by the team that has possession when the foul occurred; if the foul is on a receiver in the target area, apply the penalty as a live-ball foul from the previous line of scrimmage or the origin of the last pass at the option of the non-offending team.

The non-offending team may decline the additional play and elect to have the penalty yardage applied on the first play of the next half (i.e., the kick off).

11.9 An automatic first down shall not be awarded in the above circumstances.

## 12. Multiple Fouls

### 12.1 Live-ball Fouls

1. When 1 team commits 2 or more live-ball fouls, this is a double foul. The non-offending team can choose to apply only 1 of the penalties. If 1 of the penalties is a live-ball personal foul or a major foul, the non-offending team has the option of declaring this penalty as a dead-ball foul.
2. When each team commits a live-ball foul on the same play, this is a dual foul. When any of the accepted fouls occur before a change of possession, with the ball in flight, or on a play where possession does not change, the play will be repeated from the spot where the ball was first put into play and no distance penalties will be applied.
3. When all the accepted fouls occur after the ball is in a player's possession on a change of team possession, the ball shall be placed at the point ball held when the first foul occurred and no distance penalties will be applied.
4. If 1 of the penalties is a live-ball personal or major foul, the non-offending personal or major foul team has the option of declaring this penalty to be a dead-ball foul.

### 12.2 Dead-Ball Fouls

1. All dead-ball fouls can be applied against the offending team. When both teams commit dead-ball fouls, only the difference of the length of the distance penalties will be applied.

(Graphics to be added with each of the following)

- 1 TEAM TIME OUT  
T sign with hands
- 2 FIRST DOWN  
One arm pointing forward
- 3 SECOND DOWN  
Hands upright at shoulder level
- 4 THIRD DOWN  
Arms crossed at chest level
- 5 TOUCHDOWN OR 2 PT. CONVERT  
Both arms extended above head
- 6 SAFETY TOUCH  
Hands together above head
- 7 SINGLE POINT  
One arm extended above head
- 8 OFFSIDE  
Hands on hips
- 9 CLOCK STARTS  
Full arm circles to simulate clock
- 10 CLOCK STOPS  
Hands criss-crossed above head
- 11 PERSONAL FOUL  
Either arm extended sideways with closed fist
- 12 MAJOR FOUL  
Chopping left wrist
- 13 OBJECTIONABLE CONDUCT  
Waving hand behind back
- 14 PASS INTERFERENCE IN TARGET ZONE  
Pushing forward from shoulders
- 15 ILLEGAL USE OF HANDS OR PASS INTERFERENCE IN REMOTE ZONE  
Grasping wrist at chest level
- 16 OBSTRUCTION  
Arm extended and grasp wrist
- 17 PROCEDURE  
Hands rotated in forward motion

- 18 INCOMPLETE PASS  
Shifting arms in horizontal plane
- 19 DIRECTION OF PASS  
Hand pointing to direction pass was thrown
- 20 TIME COUNT VIOLATION OR DELAY OF GAME  
Arm in circular motion
- 21 OFFSIDE PASS  
Horizontal arc with either hand
- 22 INTENTIONAL GROUNDING  
Passing motion and pointing at ground
- 23 ILLEGAL RE-ENTRY  
Both arms extended sideways
- 24 ILLEGAL SUBSTITUTION Hand patting on top head
- 25 RESTRAINING ZONE INFRACTION  
Arms loaded
- 28 PENALTY DECLINED  
Shifting arms at knee level
- 27 OFFICIAL'S TIME OUT  
Both hands placed on chest
- 28 REQUEST FOR MEASURE  
Hands on shoulders
- 29 EJECTION  
Saluting motion
- 30 DEAD-BALL FOUL  
One arm extended overhead with palm open
- 31 HEADTOUCH  
Hand on back of head, palm open
- 32 ROUGHING KICKER  
Personal Foul Signal Either arm extended sideways with closed fist.  
  
Leg raised about 6" of the ground. Arm pointing down towards foot.
- 33 ROUGHING THE PASSER  
Personal Foul Signal +  
Arm raised above head in a passing motion.

